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THE OFFICIAL MAGAZINE
#AndNew
LIGHT HEAVYWEIGHT CHAMPION OF THE WORLD
DANIEL CORMIER
+
RONDA ROUSEY
CARLOS CONDIT
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AUG/SEPT 2015











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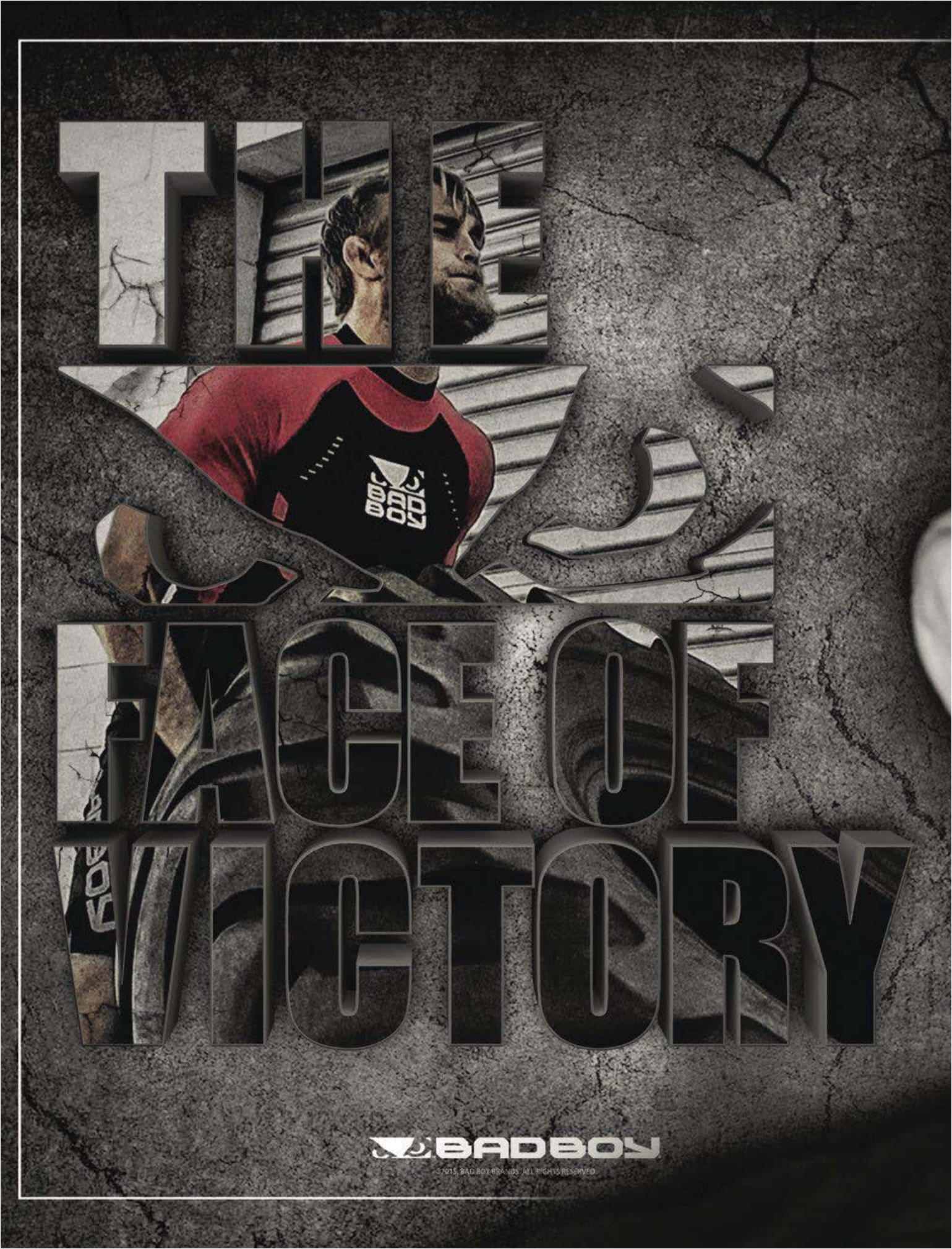
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UFC 200

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ON THE COVER & THIS PAGE
Daniel Cormier
Photography by JAMES LAW

ADVERTORIAL

FAILURE ISN'T AN OPTION.
IT'S INEVITABLE.

5 Mantras for Moving Forward

BY JEREMY BLOOM • Olympic Skier, NFL Player, CEO, Philanthropist

*A **world-champion skier**, Jeremy Bloom missed his shot at Olympic gold. As an **All-American football player**, he saw his collegiate career put to a halt by the NCAA; then sidelined by injuries, he spent a frustrating period in the **NFL**. Bloom, now an **entrepreneur, CEO, and philanthropist**, shares the 5 personal mantras that have helped him transition from the top of the mountains, onto the gridiron, and into the boardroom.*

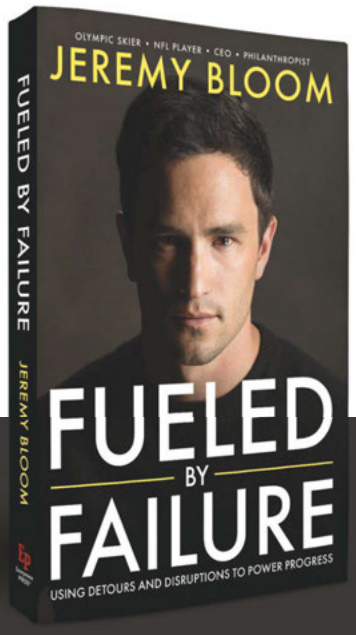
SET A DEADLINE. The most important step to overcoming adversity and negative feelings: Don't wallow. Instead, set a deadline for accepting what has happened, at least emotionally. This emotional acceptance is crucial—and so is the deadline. My deadline is 48 hours.

FOCUS ON YOUR SKILLS. Always come back to what you know and have the confidence to trust in your skills. In business, that could mean reminding yourself that your skills as a salesman will allow you to clinch a deal, or that your skills as a marketer will give you what you need to create a successful campaign, or that your financial acumen will allow you to budget just right every time.

ELIMINATE DISTRACTIONS. We all encounter distractions that we can't control, and many of them put enormous pressure on us—but only if we allow them to. There are strategic times when you need to close off all distractions and focus on one goal. The two most important actions you need to take in order to stay mentally focused are eliminating the outside noise and focusing on what you need to master.

LET GO OF THE NEED TO WIN. Sometimes we get stuck analyzing and thinking about what everyone else is doing and what we need to do in order to win. It's important to take a moment and focus on what really matters to you and what motivates you intrinsically. To become more intrinsically motivated, I stopped focusing on beating others, getting rich, and caring what everyone thought about me. I began to focus more on what I wanted to get out of life, the person that I ultimately wanted to become, and how I could get better at whatever I was doing. And ironically, I started winning much more often.

BE A LEADER—NOT A VICTIM. If you have not embraced failure in a positive manner, learned from it, and reprogrammed your ego to your own intrinsic motivation, it is much harder to become a successful leader. Taking ownership is the first step to not becoming a victim. Don't be afraid to say, "Yes, I screwed that one up … my fault." Then, give yourself a deadline to accept what happened, look for other ways to succeed, and refocus your goals.



Jeremy Bloom is the co-founder and CEO of Integrate, a marketing software company that has raised over $45 million in venture capital. He is a member of the United States Skiing Hall of Fame, a two-time Olympic skier and World Cup gold medalist, as well as a former NFL player for the Philadelphia Eagles and the Pittsburgh Steelers. He is also the founder of the Wish of a Lifetime Foundation, an organization that grants lifelong wishes to senior citizens.

Learn how to accept failure as a necessary step in your road toward success, reprogram your ego, and redefine yourself, your career, and your destiny.

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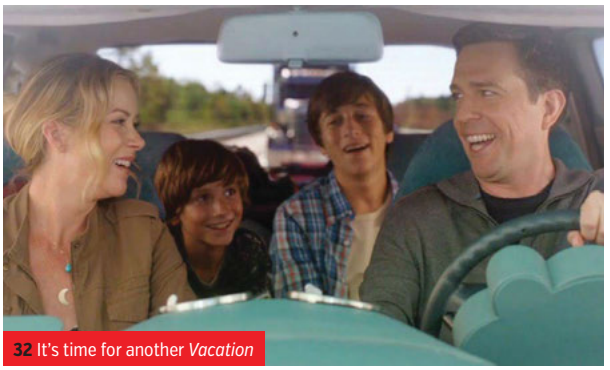
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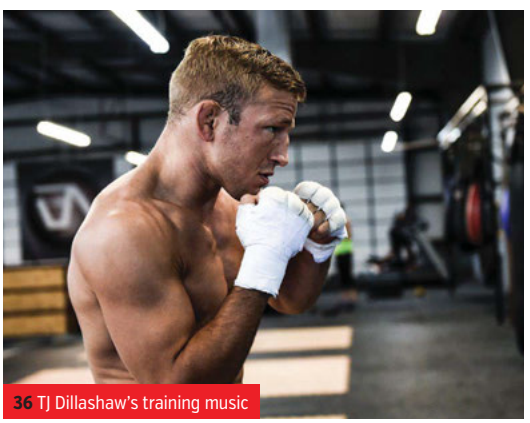
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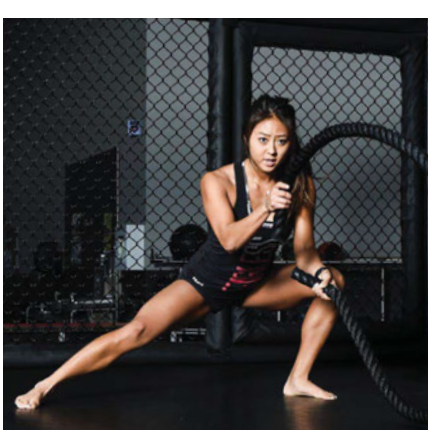
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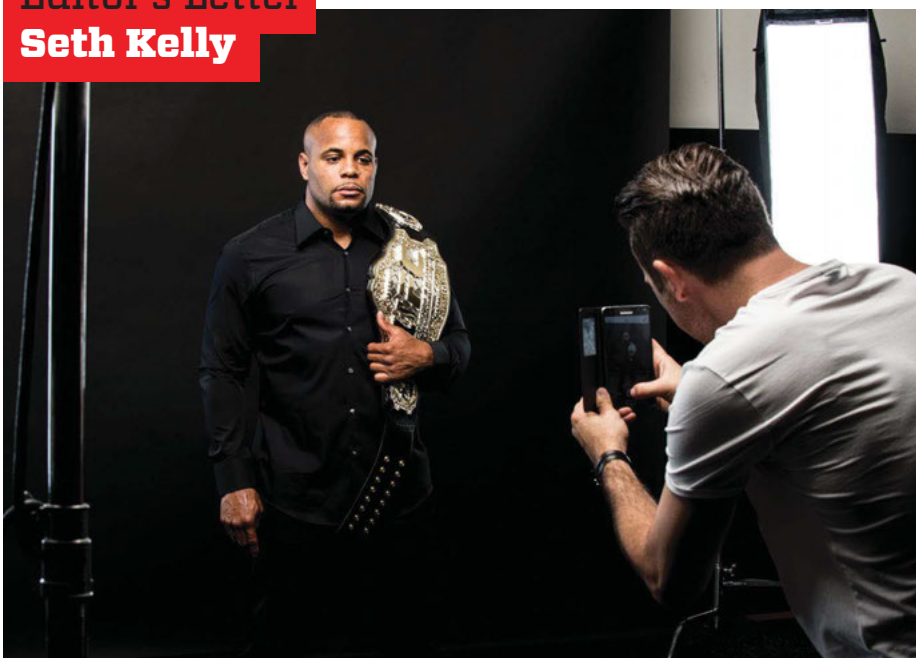
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Editor's Letter
Seth Kelly



Army First Sergeant Keith Polidoro, one of three soldiers featured in our Spartan Race workout, offered up this great quote: "The pain of discipline or the pain of regret: You choose." Filter a few of your daily choices through that simple lens and you will probably end the day closer to your goals, whatever they are, by the time you hit the rack.

Anyone who has read even a handful of issues of *UFC: The Official Magazine* can infer that discipline is a key element to success in the Octagon. In this issue, however, the concept of dedication, of silently grinding toward victory, explicitly runs through nearly every story.

Daniel Cormier has spent his entire life working through an ever-progressing set of goals. UFC fans saw him finish Anthony Johnson to claim the vacant light heavyweight title or have watched him as an analyst on *UFC Tonight*. If only those same fans could see Cormier as a teenager. When most kids were on summer break, Cormier was roofing houses alongside his father or busting his ass to compete on wrestling's international stage.

We have a photo essay of Ronda Rousey's first day of training camp for UFC 190. Since her days competing in judo, the women's bantamweight champ has made a career out of paying a personal price that nearly every person on the planet would find a bit too expensive.

We have an amazing profile on Ben Saunders. His personal brand of discipline stamped his ticket back into the Octagon. You'll also read about the quiet dedication that has netted Neil Magny seven straight wins in the welterweight division.

So what's it going to be today, the pain of discipline or the pain of regret? Leave it to an Army Ranger to cut straight to the heart of the matter.

Thanks for picking up the issue.



SETH KELLY, Editor in Chief

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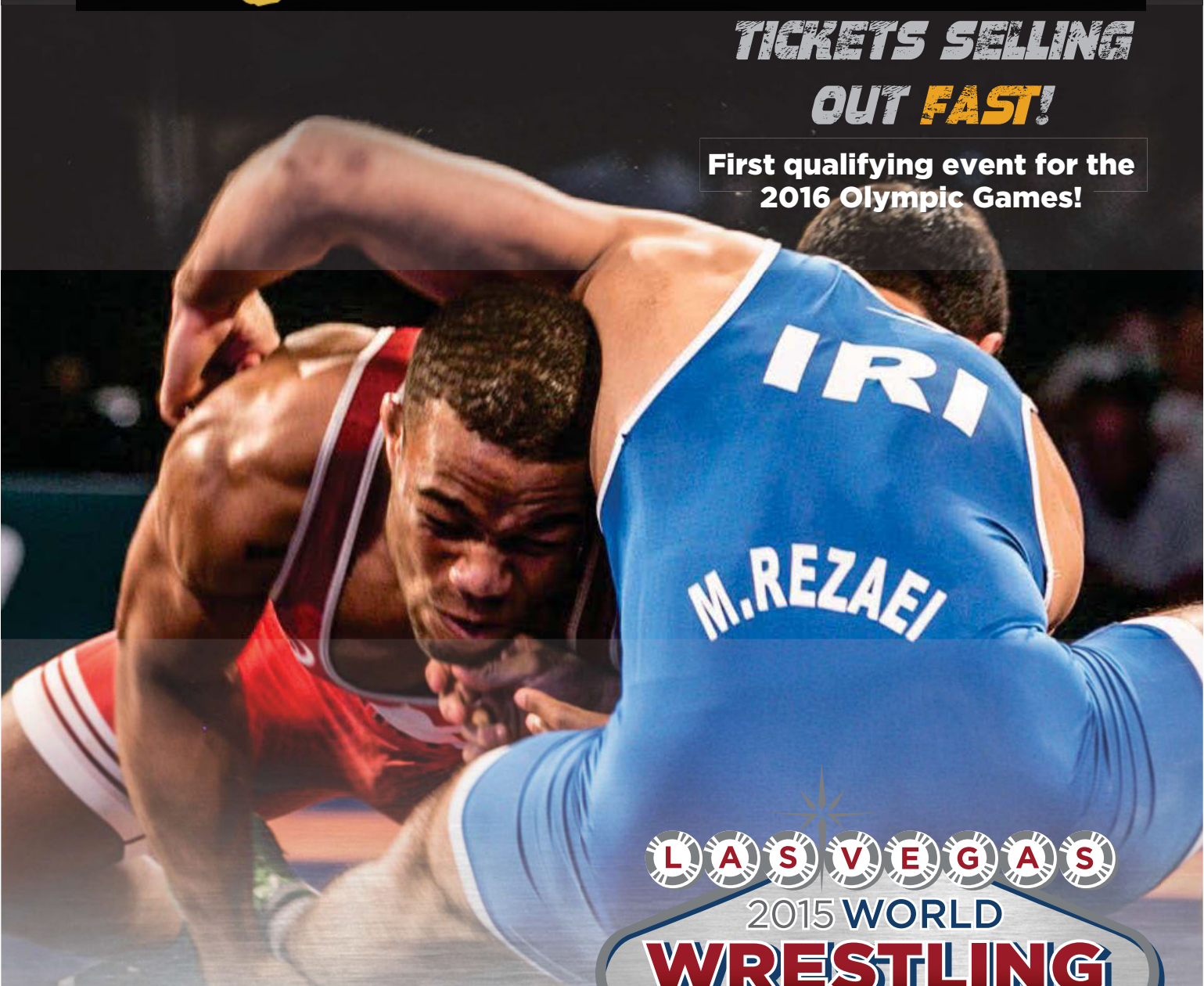
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THE MAIL SACK

Write letters, send in photos, prove your overall UFC fandom and you might just win some stuff

PHOTO OF THE MONTH



I have been hooked on the sport since I got my old man to buy the PPV of UFC 1 for my 20th birthday. My friends at the time trained in garages, and we combined our knowledge of different fighting systems. I even used to call into the 800 number for upcoming UFC information and was sent the UFC newsletter when it was two pages of yellow paper sent via snail mail. When I found out UFC 4: Revenge of the Warriors was only a 12-hour drive from Chicago, a training partner and I got on the road. It was a life-changing event. Thanks to Zuffa for not letting the UFC fade into obscurity.

KENT McCARTHY
via email



Those are some old-school fan shots! Congrats on winning a glove signed by Conor McGregor.

ALL IN THE FAMILY

I discovered UFC about 10 years ago. In 2007 I reconnected with a cousin at a family reunion whom I had not seen in more than five years. Turns out he was a fan as well. To this day we still try to get together and order the PPVs and watch the free fights on FOX and FS1. We even got my dad into watching the fights as well. I just want to thank the UFC for reuniting this family.

JUSTIN MOORE
via email

LETTER OF THE MONTH

I grew up watching boxing and UFC as a little girl. My grandfather was All Ireland Boxing Champion and used to steal my jump ropes to train with when I went to visit him. My dad is a 6th-degree black belt in Kenpo and, at 56 years old, still trains at least once a week and attends seminars. I was born in Dublin and moved to America when I was 2 years old. My dad has always been one of my biggest supporters. As a thank-you, my boyfriend (recently introduced to UFC by me and now a huge fan!) and I are taking him to Las Vegas on July 11 to cheer on our fellow Dubliner Conor McGregor and hopefully witness him take the belt from Jose Aldo. We never had a lot of money, so my dad has never been to a UFC fight or Las Vegas. When I told him we were staying at the MGM and watching the fight, I thought he might burst with excitement. I can't wait to share this experience with him!



JULIE SWAN
via email
That's a great story, Julie. Enjoy the glove signed by your countryman, Conor McGregor!

FAMILY TRADITION

I was born in 1991, and I've been watching the UFC since its first event in 1993. My dad had me watching them as a baby, and we haven't missed an event since! I'm proud to say that we have now been to seven live events and two UFC Fan Expos in the past four years! Nothing beats being at a live event and witnessing these amazing moments in person with your own two eyes.

CHRIS PEREZ
Quartz Hill, California

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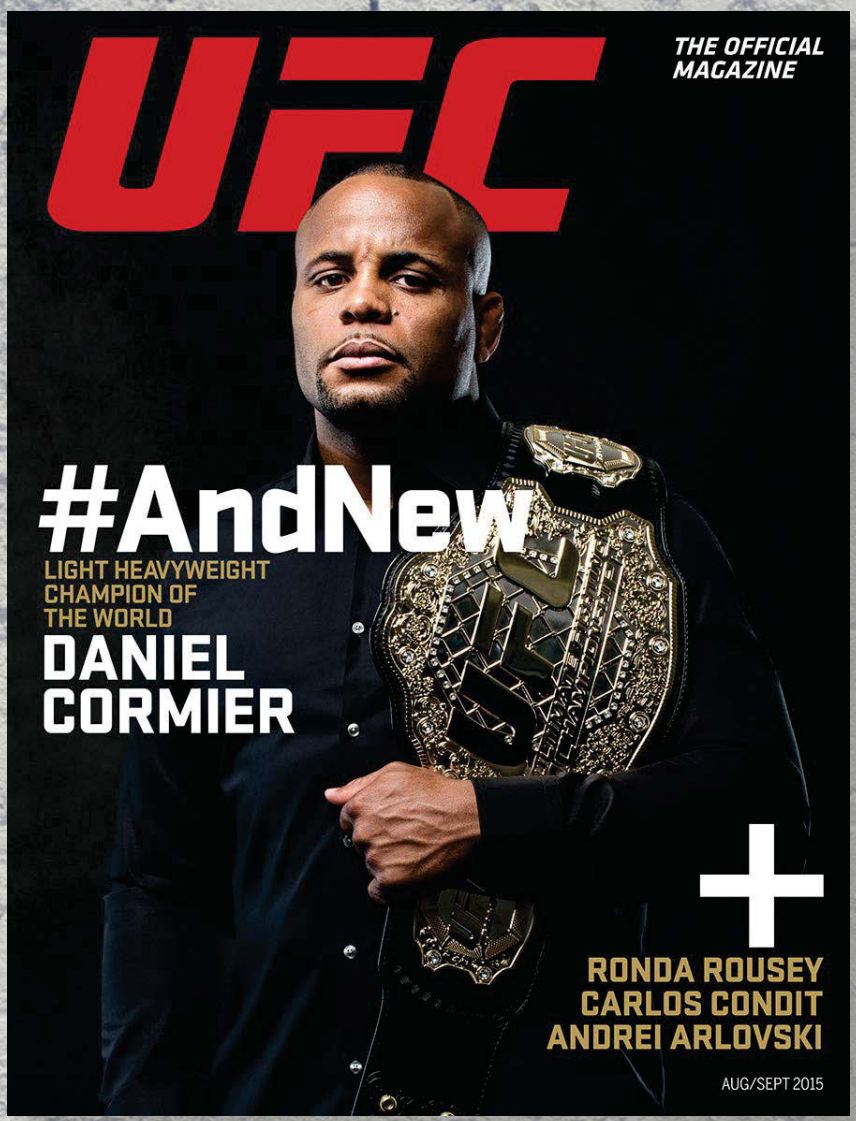
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Letters
From The Readers



FIGHTING IRISH
I have been a massive UFC fan for the past seven years, and it gives me great pride to see Conor McGregor finally put our nation of Ireland back on the fighting map. As he says, "When one goes to war, we all go to war!" You will see me waving this at every one of his fights with the passion that only we Irish can bring.

STEPHEN DAY
Dublin



NEW CONVERT
Even after much eye-rolling on my part, my husband still dragged me out to a bar to watch UFC several years ago. I was pretty much hooked immediately and have been a fan ever since. We've attended two UFC events here in Boston and, most recently, UFC 187 in Vegas! I was able to snag a picture with my favorite ref, Herb Dean, in Boston, and the one and only Bruce Buffer in Vegas!

ADELLE DIMITRAKOPOULOS
Boston

WIN A GLOVE SIGNED BY DANIEL CORMIER!

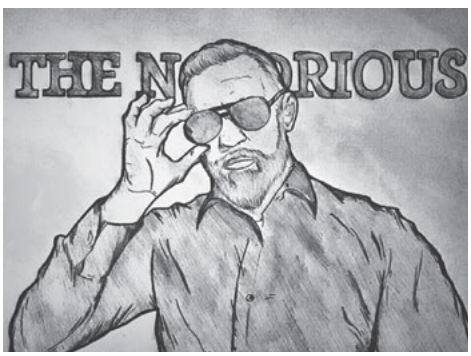


Win an official UFC fight glove signed by light heavyweight champion Daniel Cormier! Send in a letter or photo (or both) that shows why you're a UFC fan. The readers who send in the best pic and the best letter will win an autographed glove! Send all entries to **letters@ufcmag.com**.



I'M ON A GOAT
My sketch of the GOAT Connor McGregor riding a goat to the gold! We got this!

GAVIN PODRAIGH MOONEY
via email



IRISH BY WAY OF BRAZIL
MMA is in my blood. I'm a brown belt in kickboxing and a blue belt in judo. I never miss an event, and I also draw some of the fighters. I'm Brazilian, but I'm a big fan of Conor McGregor!

NICOLAS TEODORO
via email

ITALIAN STALLION
I'm an Italian UFC fan, and on June 20 I'll be in Berlin with my wife for my first live UFC Fight Night. I've just received my UFC Fight Club welcome pack and downloaded my *UFC: The Official Magazine* issues. I said to myself, "Wow, now I understand why people go bananas in every arena. UFC knows how to spoil its fans." One more in the family!

IVAN ZULLO
Milan

TRAINING TIPS
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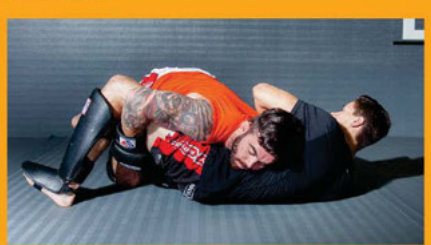
HOW TO USE PUNCHES TO SET UP A TAKEDOWN



STEP 1
As a former college wrestler, I love taking people down. This drill shows you how to use punches to set up a takedown. Facing my partner I throw a jab, cross, hook combination.



STEP 2
It's important to end on the hook because that takes my head off line. I'm avoiding a lot of my opponent's offense. It also puts me in perfect position to go for the double leg.



STEP 3
I put my ear on my opponent's hip, wrap my hands behind his knees and drive for the double-leg. Get up and repeat the drill with your partner for a full round.

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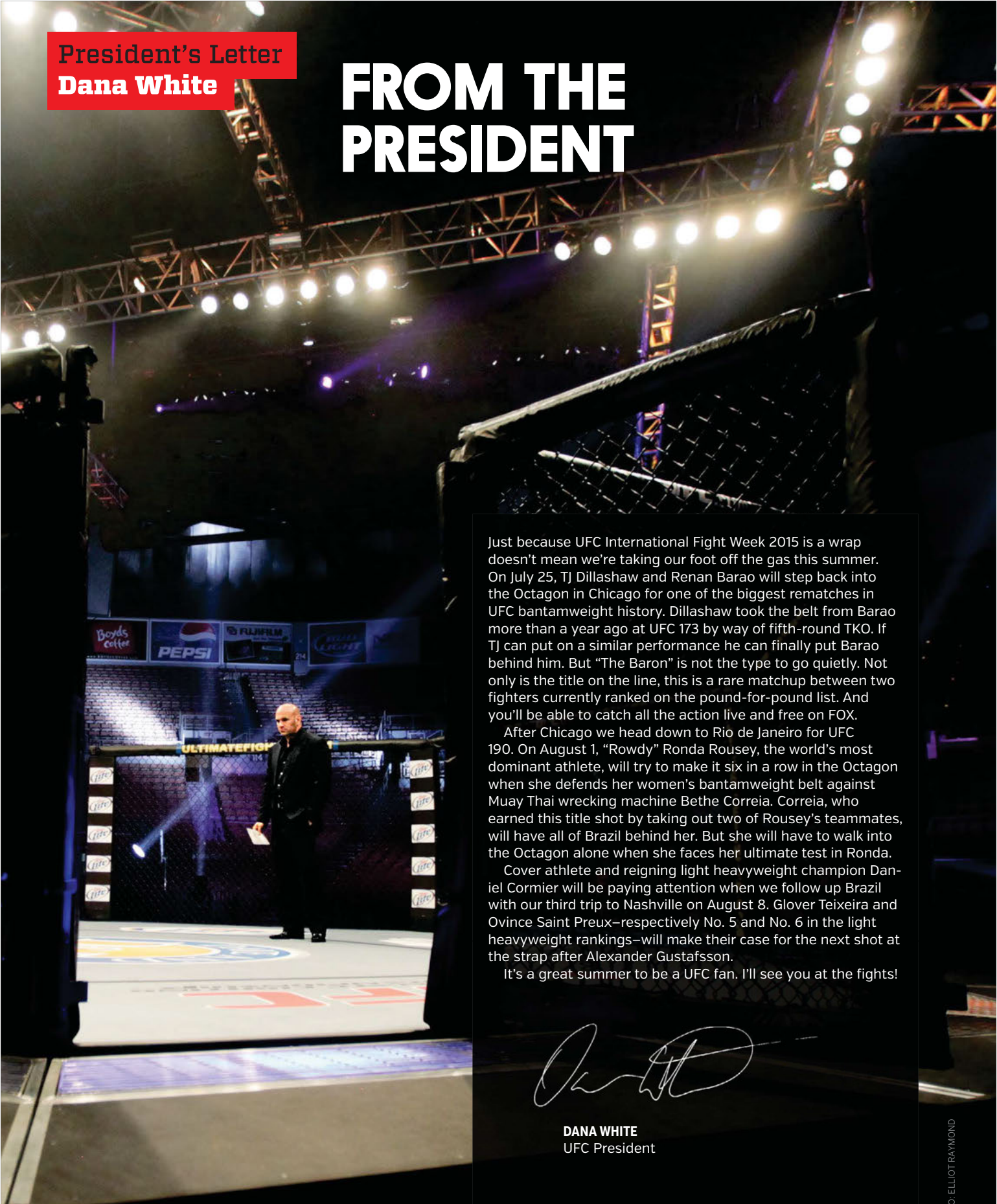
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Jamie Varner is a Body Fortress® sponsored athlete.

President's Letter
Dana White

FROM THE PRESIDENT



Just because UFC International Fight Week 2015 is a wrap doesn't mean we're taking our foot off the gas this summer. On July 25, TJ Dillashaw and Renan Barao will step back into the Octagon in Chicago for one of the biggest rematches in UFC bantamweight history. Dillashaw took the belt from Barao more than a year ago at UFC 173 by way of fifth-round TKO. If TJ can put on a similar performance he can finally put Barao behind him. But "The Baron" is not the type to go quietly. Not only is the title on the line, this is a rare matchup between two fighters currently ranked on the pound-for-pound list. And you'll be able to catch all the action live and free on FOX.

After Chicago we head down to Rio de Janeiro for UFC 190. On August 1, "Rowdy" Ronda Rousey, the world's most dominant athlete, will try to make it six in a row in the Octagon when she defends her women's bantamweight belt against Muay Thai wrecking machine Bethe Correia. Correia, who earned this title shot by taking out two of Rousey's teammates, will have all of Brazil behind her. But she will have to walk into the Octagon alone when she faces her ultimate test in Ronda.

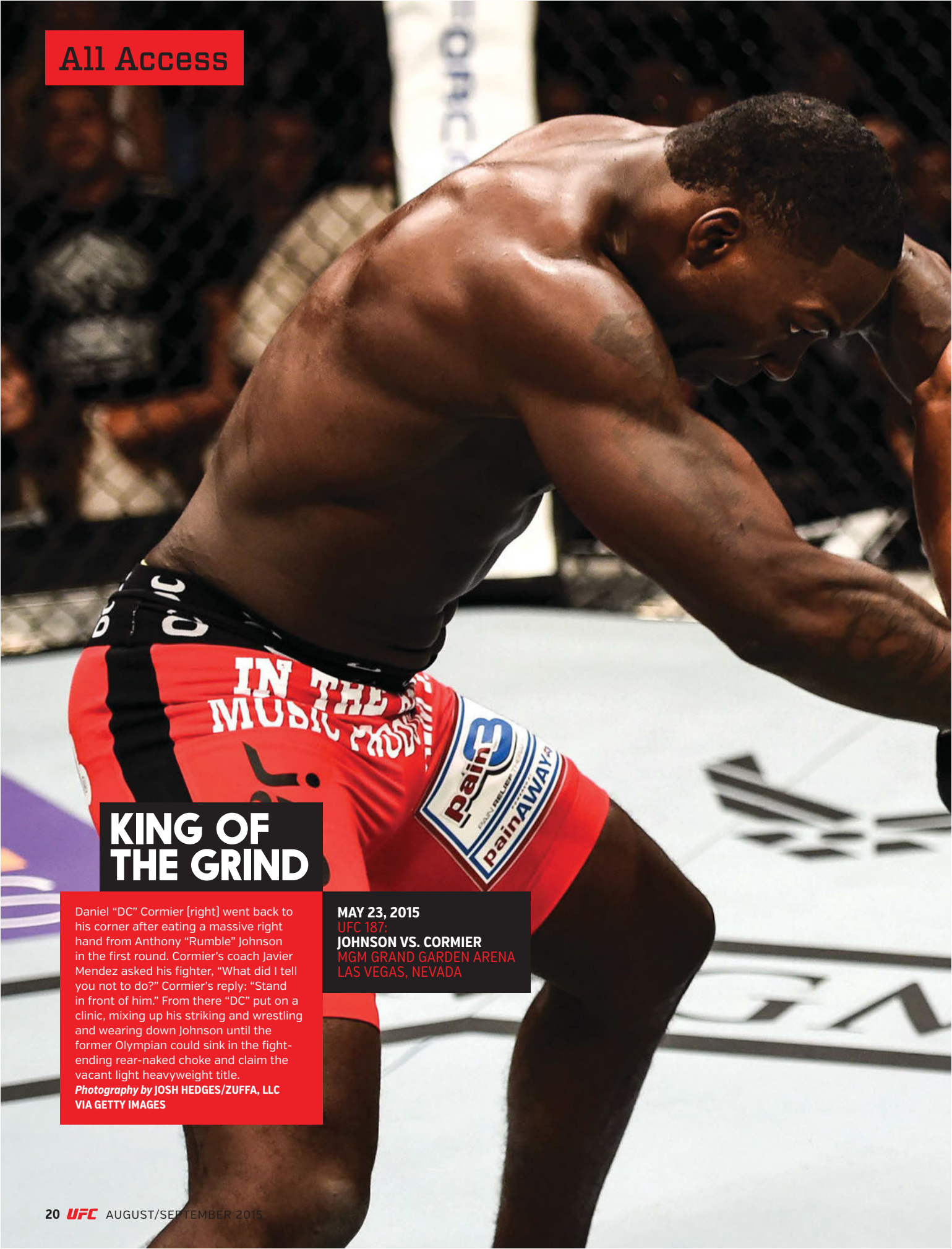
Cover athlete and reigning light heavyweight champion Daniel Cormier will be paying attention when we follow up Brazil with our third trip to Nashville on August 8. Glover Teixeira and Ovince Saint Preux–respectively No. 5 and No. 6 in the light heavyweight rankings–will make their case for the next shot at the strap after Alexander Gustafsson.

It's a great summer to be a UFC fan. I'll see you at the fights!

DANA WHITE
UFC President

PHOTO: ELLIOT RAYMOND


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HARLEY-DAVIDSON MOTOR CYCLES
HOMETOWN THROWDOWN
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KING OF THE GRIND

Daniel "DC" Cormier (right) went back to his corner after eating a massive right hand from Anthony "Rumble" Johnson in the first round. Cormier's coach Javier Mendez asked his fighter, "What did I tell you not to do?" Cormier's reply: "Stand in front of him." From there "DC" put on a clinic, mixing up his striking and wrestling and wearing down Johnson until the former Olympian could sink in the fight-ending rear-naked choke and claim the vacant light heavyweight title.

Photography by **JOSH HEDGES/ZUFFA, LLC VIA GETTY IMAGES**

MAY 23, 2015
UFC 187:
JOHNSON VS. CORMIER
MGM GRAND GARDEN ARENA
LAS VEGAS, NEVADA


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NATURAL MOVEMENT FITNESS



LOCKED ON TARGET

MAY 30, 2015
UFC FIGHT NIGHT:
CONDIT VS. ALVES
GOIANIA ARENA
GOIANIA, BRAZIL

Carlos Condit (left) resumed his rampage through the welterweight division when he took on Thiago Alves in his first fight back after more than a year on the shelf recovering from a knee injury. "The Natural Born Killer" battered Alves for two rounds on the way to a TKO by doctor stoppage. After the fight Condit told the press, "I hurt him with the first rising elbow and felt the fight drain out of him. Now I want whoever has the title in the next couple of months."
Photography by **BUDA MENDES/ZUFFA, LLC VIA GETTY IMAGES**



THE UNDISPUTED CHAMPION

Interim heavyweight champion Fabricio Werdum (right) came into this bout with reigning champion Cain Velasquez as a heavy underdog. But it was "Vai Cavalo" who clearly had the momentum in the second round, thanks to superior conditioning and execution. In the third round Velasquez shot for a takedown and Werdum was able to cinch a fight-ending guillotine to unify the title.

Photography by **JOSH HEDGES/ZUFFA, LLC VIA GETTY IMAGES**

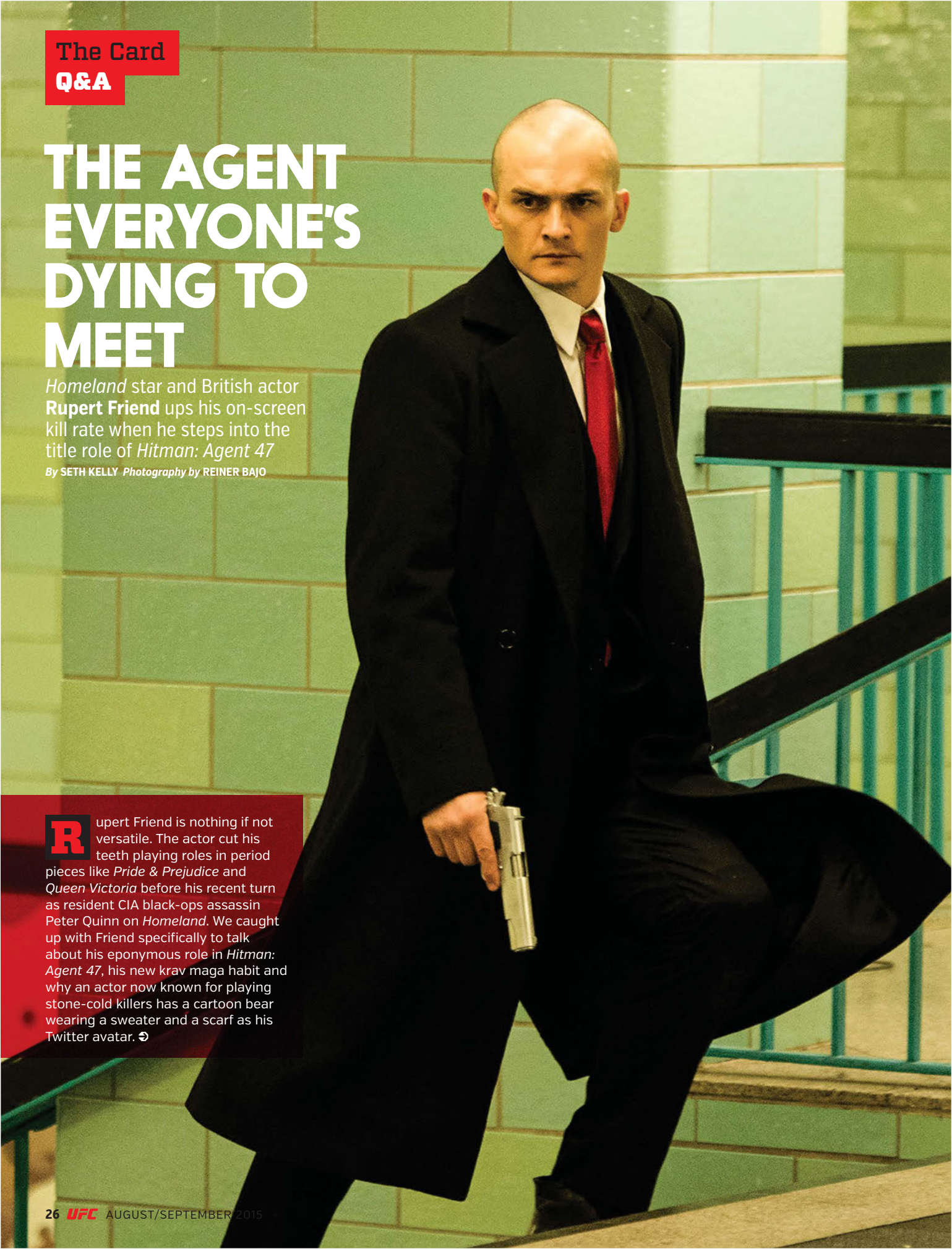
JUNE 13, 2015
UFC 188:
VELASQUEZ VS. WERDUM
ARENA CIUDAD DE MEXICO
MEXICO CITY, MEXICO


UFC
MERDUM

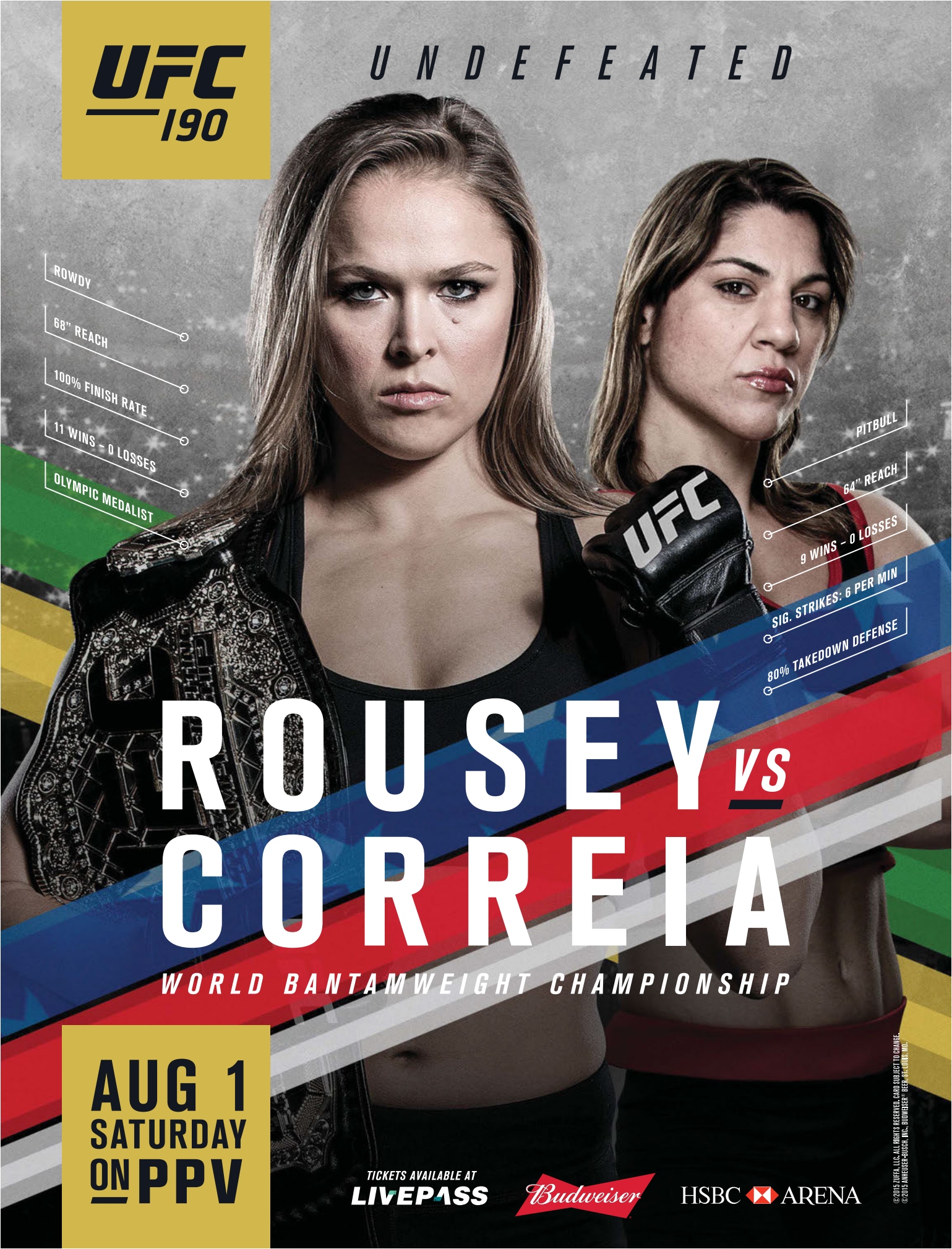
THE AGENT EVERYONE'S DYING TO MEET

Homeland star and British actor **Rupert Friend** ups his on-screen kill rate when he steps into the title role of *Hitman: Agent 47*

By **SETH KELLY** *Photography by* **REINER BAJO**



Rupert Friend is nothing if not versatile. The actor cut his teeth playing roles in period pieces like *Pride & Prejudice* and *Queen Victoria* before his recent turn as resident CIA black-ops assassin Peter Quinn on *Homeland*. We caught up with Friend specifically to talk about his eponymous role in *Hitman: Agent 47*, his new krav maga habit and why an actor now known for playing stone-cold killers has a cartoon bear wearing a sweater and a scarf as his Twitter avatar. ➔


UFC 190
UNDEFEATED
ROWDY
68" REACH
100% FINISH RATE
11 WINS – 0 LOSSES
OLYMPIC MEDALIST
PITBULL
64" REACH
9 WINS – 0 LOSSES
SIG. STRIKES: 6 PER MIN
80% TAKEDOWN DEFENSE
ROUSEY
VS
CORREIA
WORLD BANTAMWEIGHT CHAMPIONSHIP
AUG 1
SATURDAY
ON PPV
TICKETS AVAILABLE AT
LIVEPASS
Budweiser
HSBC ARENA
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AGENT 47. PETER QUINN. YOUR TWITTER AVATAR SEEMS STRANGELY AT ODDS WITH YOUR TOUGH-GUY ROLES. CAN YOU EXPLAIN?
Ha-ha, yes, my Twitter avatar is a little cartoon bear, which, in England, where I'm from, was a comic-book character from the '60s. It was a very innocent, kind of naive kids' comic. In England, the only "Rupert" was that guy. It led me to be bullied very heavily while at school. And it made me hate the name. When I stopped being bullied and grew into my skin a little bit, I wanted to own the name again–and own the reason why I was bullied, if that makes sense. It's not just a cute picture: It has a meaning.

WHEN DID YOU PICK UP A HANDGUN FOR THE FIRST TIME?
The first gun I ever picked up was a .410 shotgun when I was 11, and I killed my dinner. But that wasn't a handgun for obvious reasons as I was hunting game. A handgun probably wouldn't have been until *Homeland*, I think. Now I pretty much go to sleep with one in each hand. I get to spend my working life reloading guns and hitting people with them.

AND UNLOADING THEM IN RAPID-FIRE FASHION.
Yeah, there are some wild sequences in *Hitman: Agent 47*, like looking over your shoulder while reloading with one hand and reaching into your shoulder holster while knocking someone out with your foot–a complete head-buster combination of things. And it's very satisfying when you pull off a combo like that because it felt effortless and slick in a way that it doesn't when you're still figuring it out.

THERE'S A LINE IN THE PREVIEW FOR *HITMAN* IN WHICH YOUR CHARACTER CORRECTS AN INTERROGATOR, TELLING HIM, "NO, MR. SANDERS, YOU'RE LOCKED IN HERE WITH ME." IS THAT A TRIBUTE TO ALAN MOORE AND *THE WATCHMEN*?



Friend as Peter Quinn on *Homeland*

Oh, I hadn't thought of that. No, but it could well have been. Now that you've told me, I'm going to say that it's true. Alan Moore is amazing. I read the graphic novel and was going to watch the film, but everyone said, "Really, don't."

WHAT KIND OF FIGHT TRAINING DID YOU UNDERGO FOR *HITMAN*?
I got very into and am continuing the study of krav maga at the Krav Maga Academy in New York City. For *Agent 47* I began with straight-up boxing. All the stuntmen were Filipino knife fighters, so we did a bunch of that. And then what I got really excited by was developing a unique style of fighting for *Agent 47*. We did a style that was based a little bit in judo, a little bit in Filipino knife fighting.

DID ANY UFC FIGHTERS CONTRIBUTE TO YOUR TRAINING?
My trainer at the Krav Maga Academy in New York is a big advocate of watching and learning that way. He sent me video of Conor McGregor. I learned an amazing series of opening strikes from him. You just don't know what he's going to do. It's different every time and always deadly. Watching how wrong-footed everyone was by the fact they didn't know what to expect made him a fascinating guy to watch.

IT SOUNDS LIKE YOU'VE GOTTEN A LITTLE DEEPER INTO KRAV MAGA.
I had a bout last week with a guy who was six inches taller and 25 pounds heavier. My trainer said, "You've got to outthink him. You don't have the power, the reach or the experience. It's absolutely a mind game." It was absolutely fascinating. We were going to go 10 rounds. I put him on his back in the fourth. In the fifth he caught me with a hook that blacked my eye, which is still black now. Then I smashed my foot on his knee and had to stop the fight because I couldn't carry on.

YOU'RE DEFINITELY TAKING YOUR TRAINING PRETTY SERIOUSLY IF YOU'RE EXPECTING A 10-ROUND FIGHT.
It's an interesting thing. I'm in the middle of navigating it as well. It becomes about pacing myself. I have to figure out where the explosions are going to come in. When I started out I gave everything I had in round one, and in round two I was exhausted. I find studying things fascinating. Lifting weights is not interesting. But learning something keeps me engaged beyond my exhaustion levels.

WHAT CAN YOU TELL ME ABOUT YOUR UPCOMING PROJECT *BARTON & CHARLIE & CHECCO & BILL*?
We're looking at filming this winter, and hopefully it will be viewable sometime in 2017 realistically. That's a big passion project of mine that I wrote about con artists. It references *Paper Moon*, *House of Games* and all those wonderful sleight-of-hand movies that I loved growing up. I think everyone loves a good con movie.

***HITMAN: AGENT 47* HITS THEATERS ON AUGUST 21. FOR MORE INFO ON THE FILM, GO TO FOXMOVIES.COM.**

BOTTOM LEFT: COURTESY OF SHOWTIME

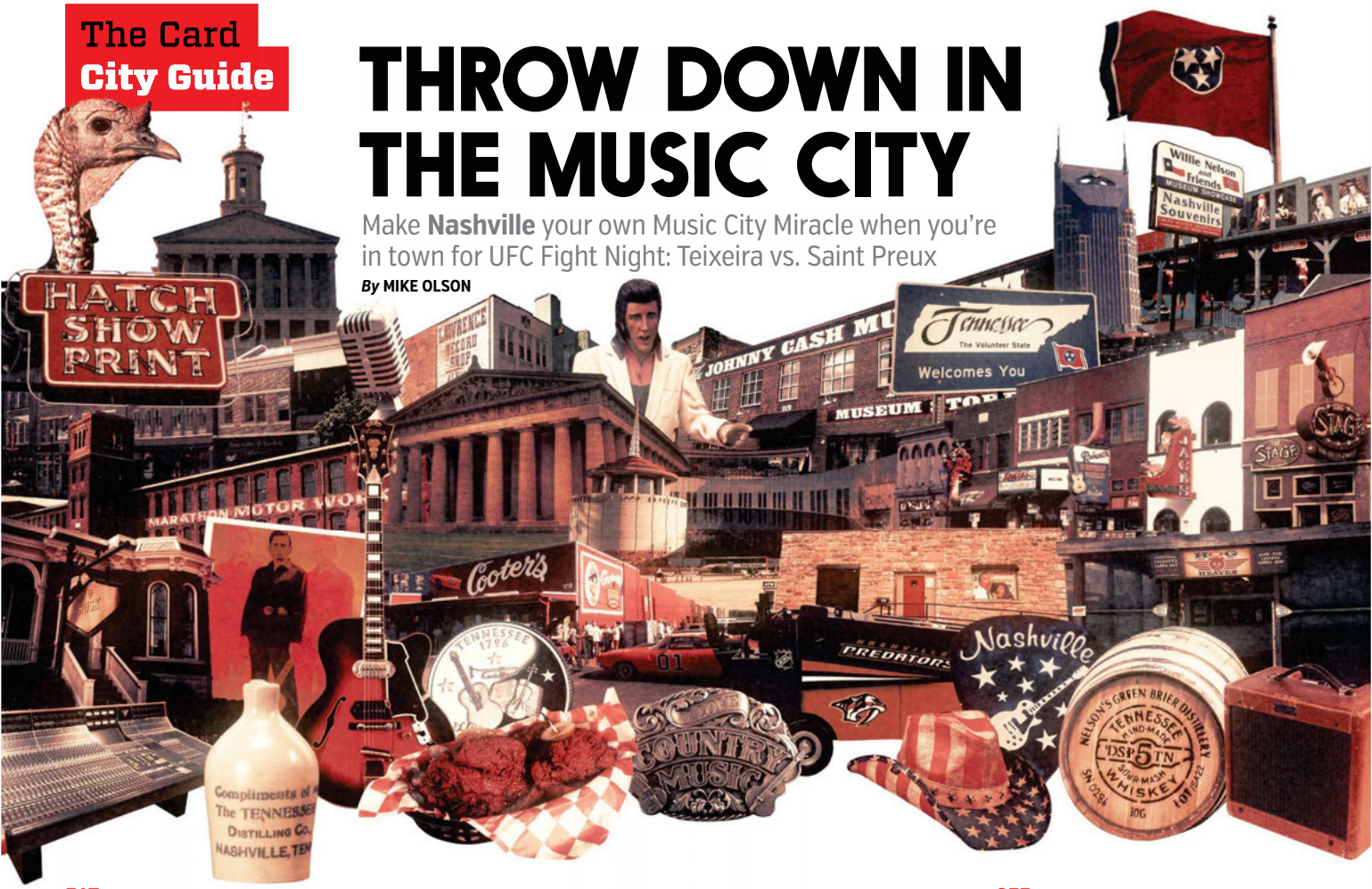

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TASTE.
COOL TWIST
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UFC
ENJOY RESPONSIBLY
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The Card City Guide

THROW DOWN IN THE MUSIC CITY

Make **Nashville** your own Music City Miracle when you're in town for UFC Fight Night: Teixeira vs. Saint Preux

By **MIKE OLSON**



EAT

HOG HEAVEN

Sitting in the shadow of the full-scale replica of the Parthenon (yes, Nashville has a Parthenon) sits this hole-in-the-wall barbecue joint. Pulled pork leads the menu, but Hog Heaven sends chicken, beef and turkey into a smoky, delicious afterlife with equal skill. Go with the white sauce, it's what truly sets Hog Heaven apart from the competition.
hogheavenbbq.com; 615-329-1234

ARNOLD'S COUNTRY KITCHEN

Warning: This classic "meat and three" is only open on weekdays for lunch. And there will definitely be a line. That said, it's all worth it for some of the best fried chicken, chicken and dumplings, fried green tomatoes and banana pudding in town.
arnoldscountrykitchen.com; 615-256-4455

HUSK

For a slightly classier experience (read: no plastic trays), head to James Beard Award winner Sean Brock's downtown eatery, where he celebrates fresh, semi-obscure Southern ingredients (benne seeds, flint corn) from a kitchen in the middle of a Victorian mansion.
husknashville.com; 615-256-6565

THE PANCAKE PANTRY

Even the locals wait on line at this pancake purveyor that's been around for more than half a century. (If it reaches the corner, you'll be there around 30 minutes.) Gorge on 23 delicious varieties of buttermilk pancakes—from Swiss Chocolate Chip to Cherry Supreme.
thepancakepantry.com; 615-383-9333

DRINK

ROBERT'S WESTERN WORLD

If you pass the enormous red boot on top of the sign, you've gone too far. A boot store by day (go figure) and a honky-tonk by night, this beloved spot located in an old steel-guitar factory hosts local talent and is a mainstay of the booming Lower Broadway district.
robertswesternworld.com; 615-244-9552

3 CROW BAR

Can it get any better than a happy hour that lasts from 11 a.m. to 7 p.m. every day? Head to East Nashville's Five Points neighborhood on the Sunday after Fight Night for two-for-one local beers (Fat Bottom is brewed just around the block) and PBR-battered onion rings.
3crowbar.com; 615-262-3345

THE FLYING SAUCER DRAUGHT EMPORIUM

The road to immortality begins with a single gulp. See those saucers on the wall? Each is there to honor one brave soul who has tried every beer (83 on tap and more than 120 bottles) on offer at this spacious spot behind the Union Station Hotel. So get a card and get to drinking.
beerknurd.com; 615-259-3039

THE PATTERSON HOUSE

For a more laid-back time, head to this speakeasy-style library where the "no standing" rule guarantees things won't get rowdy. Nashville's first true craft cocktail bar boasts eight different types of ice and the best Bacon Old Fashioned in town.
thepattersonnashville.com; 615-636-7724

STATION INN

While the clueless tourists flock to the Bluebird Cafe, you can visit this celebrated bluegrass venue. Squeeze into one of the old church pews to enjoy some of the finest pickers on the planet. And don't be surprised if Dierks Bentley, Alison Krauss or Ricky Skaggs makes an unannounced appearance on stage for a set.
stationinn.com; 615-255-3307

SEE

THE RYMAN AUDITORIUM

This "Mother Church of Country Music" was the longtime home of the Grand Ole Opry and recording site of countless live albums, from Emmylou Harris to Erasure. You're too late for Alice in Chains (August 7) and too early for Billy Idol (September 18), but you can still take a tour.
ryman.com; 615-889-3060

NELSON'S GREEN BRIER DISTILLERY

It's not a trip to Tennessee without whiskey. A century after state Prohibition killed the family business, two great-great-great-grandsons have revived the Nelson's brand. Drop 10 bucks for a tour and tasting, then treat yourself to a bottle of award-winning Belle Meade Bourbon.
greenbrierdistillery.com; 615-913-8800

THE ESCAPE GAME

Sure, you can find zip lines, water-parks and go-karts in Music City, but they're not as messed up as this. This adventure game locks small groups into small rooms, giving them one hour to work together to crack codes, solve ciphers and get the hell out.
nashvilleescapegame.com; 615-647-8229

WHAT'S YOUR STANCE™?



Various supplements make outlandish claims without reliable human studies which can mislead consumers. It's time for a change. What's your STANCE™?

STANCE™
SUPPLEMENTS

@HunnyBunsFit | Jen.StanceSupplements.com

THE TICKET

Rusty Griswold continues the family quest for road-trip sadomasochism, Jake Gyllenhaal steps into the squared circle and Stephen Colbert gets a new job

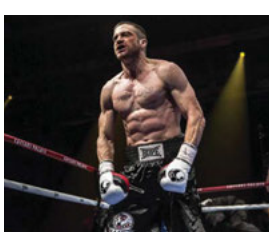
VACATION

JULY 29

In 1983 he was played by Anthony Michael Hall, who was thin as a twig and appropriately appalled/impressed when he caught his dad skinny-dipping with Christie Brinkley. When Hall chose to star in *Weird Science* instead of a sequel, the role went to *Dukes of Hazzard* vet Jason Lively, who took advantage of the opportunity to see his first pair of boobs in Europe. And on it went. From Johnny Galecki in *Christmas Vacation* to Ethan Embry in *Vegas Vacation*, playing Rusty Griswold hasn't come with much job security. Now *The Office* and *Hangover* alum Ed Helms tries to break that streak in the highly anticipated (and slightly worrisome) *Vacation*.

Let's not even pretend that it will match the 1983 original's lofty heights. Writer John Hughes and director Harold Ramis have both moved on to that Second City in the sky. But they're not trying to reinvent the wheel here, just reboot it. Helms plays an adult Rusty—now a father—who, in fine family tradition, surprises his wife (Christina Applegate) and sons with a cross-country trip to Walley World, which is about to shut its moose-guarded gates for good. Even without a Randy Quaid cameo—and that's admittedly a blow—there is reason for optimism. Charlie Day, Leslie Mann and comedian Nick Kroll all make appearances, and the producers didn't shy away from an R rating. Even without cousin Eddie, the shitter shall runneth over.





SOUTHPAW

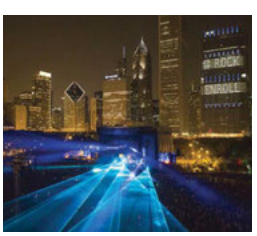
JULY 24

Sons of Anarchy writer/creator Kurt Sutter teams up with *Training Day* director Antoine Fuqua for a boxing movie that was originally written for Eminem. OK, that last part is weird, but we're confident Jake Gyllenhaal can at least score a TKO as a boxer who returns to the ring for one last match.

LOLLAPALOOZA

JULY 31 TO AUGUST 2

Youngsters Paul McCartney and Metallica are this year's headliners at Chicago's Grant Park. But Spookyland, Catfish and the Bottlemen, The Lonely Biscuits and dozens of other bands you can pretend to have heard of will be there to restore indie cred to all 160,000 in attendance.



MR. ROBINSON

AUGUST 5

Another alum of *The Office* gets a new forum in which to shine, albeit on the small screen. In this new NBC sitcom, Craig Robinson—keyboard lover and scene-stealer in films from *Pineapple Express* to *This Is the End*—plays a music teacher at a middle school.





HITMAN: AGENT 47

AUGUST 21

Step one: Pretend that the 2007 remake of this popular video game—the one critics praised as "awkwardly paced" and "muddled"—never happened. Step two: Enjoy this story of a mystery assassin (*Homeland*'s Rupert Friend) who guns down high-profile targets for a shadowy organization.



CROUCHING TIGER, HIDDEN DRAGON II: THE GREEN LEGEND

AUGUST 28

A scant 15 years after the original blew your mind, the sequel is here. Viewers can drink in the whole spectacle at an IMAX theater or, thanks to a deal with Netflix, you can drink on the couch while streaming it the very same day.

LATE SHOW WITH STEPHEN COLBERT

SEPTEMBER 8

Four months after Letterman took his final bow, Stephen Colbert drops his blowhard schtick and picks up his dream job. Will this lover of show tunes and improv take to the new format? We sure hope so, 'cause CBS signed him up for the next half decade.



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IMMAF EUROPEAN CHAMPIONSHIPS
AMATEUR MMA
BIRMINGHAM 2015
THURSDAY 19TH TO
SUNDAY 22ND NOVEMBER
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BECOME A STUDENT OF THE GAME

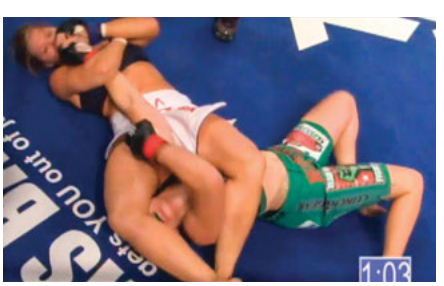
Over the past six months **UFC FIGHT PASS** has added 10 more fight promotions to its growing video library. Start sharpening your MMA knowledge with the following 10 fights that took place outside of the Octagon.



ROBBIE LAWLER VS. MELVIN MANHOEF

STRIKEFORCE: MIAMI
JANUARY 30, 2010
RESULT: LAWLER KO 1

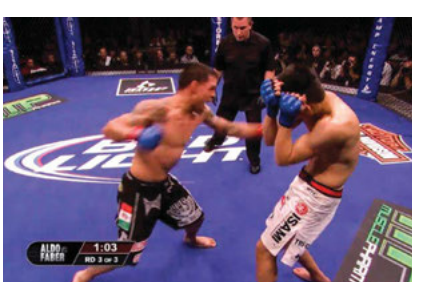
Melvin Manhoef and Robbie Lawler entered the ring with a combined 27 first-round finishes from strikes. Manhoef pushed the action early, brutalizing Lawler's lead leg with low kicks and slowly turning up the volume of strikes. Smelling blood, Manhoef moved in as his opponent visibly limped in retreat. But the Dutchman never saw the short overhand right from Lawler that put Manhoef on the mat in one of the greatest comebacks in Strikeforce history.



RONDA ROUSEY VS. AUTUMN RICHARDSON

TUFF-N-UFF: FUTURE STARS OF MMA
NOVEMBER 12, 2010
RESULT: ROUSEY SUB 1

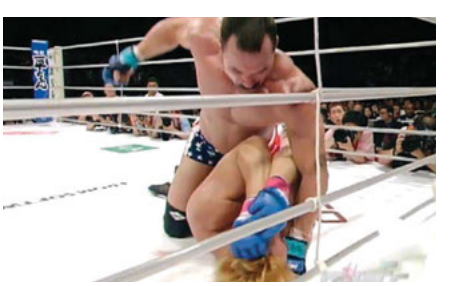
The Las Vegas-based Tuff-N-Uff promotion has a proud history of showcasing the most promising amateur talent in MMA, but never has its ring featured such an obvious "future UFC champion" as when "Rowdy" Ronda bulldozed the veteran Richardson in 57 seconds. Although only 23 years old–and having just her second MMA fight–all the hallmarks of today's Rousey were in evidence: the ice-cold strut from the dressing room, the judo throw, positional control and ground-and-pound to set up the already inevitable armbar victory.



LEONARD GARCIA VS. CHAN SUNG JUNG

WEC 48
APRIL 24, 2010
RESULT: GARCIA SD 3

On April 24, 2010, the lighter weight divisions came of age. While WEC 48, broadcast live on Pay-Per-View, was built around the Jose Aldo vs. Urijah Faber featherweight title fight, it was the incredible brawl between Garcia and "The Korean Zombie" that became an instant Fight of the Year candidate. UFC President Dana White went as far as calling the three-round affair "the Griffin vs. Bonnar of the lighter weight classes."



DON FRYE VS. YOSHIHIRO TAKAYAMA

PRIDE 21
JUNE 23, 2003
RESULT: FRYE KO 1

Don Frye entered the PRIDE 21 ring a little more pissed off than usual. His original opponent, Mark Coleman, was scratched due to injury two weeks before the fight. "The Predator" vented his ire on the man standing in front of him: Japanese pro wrestler Yoshihiro Takayama. Defense did not make an appearance in the most thrilling bout of 2002 as both men secured a collar tie with one arm and simply traded punches with the other. Both men were rocked over and over before–finally–after six unbelievable minutes, Frye took full mount and ended it. It was a wild, thrilling fight that left observers almost as exhausted as the fighters.



PAT MILETICH VS. DAN SEVERN

EXTREME CHALLENGE 20
AUGUST 22, 1998
RESULT: DRAW

Extreme Challenge, a staple in the Midwest fight scene since the mid-1990s, has promoted dozens of future UFC stars. Thousands of EC bouts will be uploaded to UFC FIGHT PASS, but the "did that really happen?" bout between Pat Miletich and Dan Severn is one of the first subscribers should check out. The sight of two UFC Hall of Famers—one a welterweight, the other a heavyweight—grappling to a draw has to be seen.



SETH PETRUZELLI VS. KIMBO SLICE

ELITEXC HEAT
OCTOBER 4, 2008
RESULT: PETRUZELLI KO 1

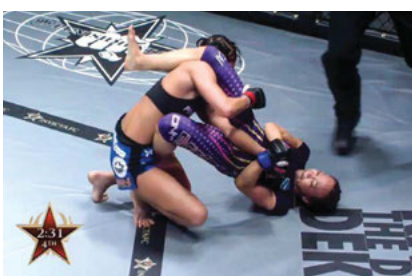
The action lasted all of 14 seconds, and the finish was strange, to say the least, but every MMA fan should witness the bizarre Kimbo vs. Petruzelli bout at least once. Fighting on two-hour's notice, Petruzelli landed an innocuous-looking jab that not only capsized the Kimbo myth, but also signaled the beginning of the end for what was then the No. 2 promotion in America.



GEORGES ST-PIERRE VS. PETE SPRATT

TKO 14
NOVEMBER 29, 2003
RESULT: ST-PIERRE SUB 1

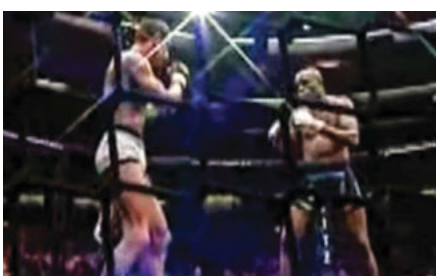
Already a UFC veteran in 2003, Pete Spratt traveled to Quebec to take a fight with an unbeaten kid he'd never heard of just to stay sharp. Unfortunately for Spratt, that fighter was Georges St-Pierre, and GSP had a plan. "We knew if we beat a UFC fighter," recalled St-Pierre, "then the UFC would realize I was ready to fight there." It took GSP less than four minutes to win via rear-naked choke and punch his ticket to the Octagon. St-Pierre was on his way.



MICHELLE WATERSON VS. JESSICA PENNE

INVICTA FC 5
APRIL 5, 2013
RESULT: WATERSON SUB 4

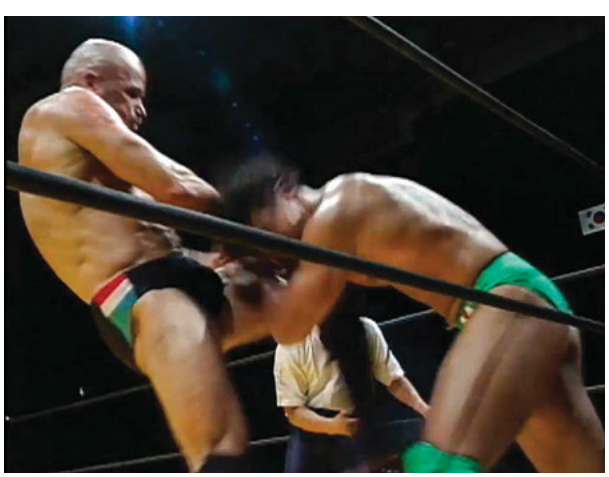
Many fans, in spite of Waterson's 10–3 record, dismissed "The Karate Hottie" as all gimmick and marketing going into her fight with Invicta atomweight champ Jessica Penne. Waterson had, after all, made the improbable leap from ring card girl to fighter. Penne turned in a dominant third, nearly tapping Waterson with a deep armbar. The challenger somehow escaped and went on to sink in a fight-ending armbar in the fourth.



ANDERSON SILVA VS. LEE MURRAY

CAGE RAGE 8
SEPTEMBER 11, 2004
RESULT: SILVA UD 3

Seven years into his professional career, Silva put the technique that would make him a future UFC star on display when he traveled to London to take on Cage Rage poster boy Lee Murray for the infamous British promotion's middleweight belt. If watching Silva's masterful countering of Murray's hand speed isn't entertainment enough, the commentators—reportedly friends and training partners of Murray's—are hilariously biased throughout the match.



BAS RUTTEN VS. MASAKATSU FUNAKI

PANCRASE 1996 ANNIVERSARY SHOW
SEPTEMBER 7, 1996
RESULT: RUTTEN KO 1

Looking to avenge his first professional loss, newly minted UFC Hall of Famer Bas Rutten got exactly what he wanted out of his rematch with Masakatsu Funaki. "He'd talked so much crap about the first fight, which took place before I'd trained in grappling," recalled Rutten. "He talked crap for years—but in the rematch I absolutely slaughtered him."

UFC FIGHT PASS

Start your free trial subscription to UFC FIGHT PASS and gain access to the biggest online video library of MMA fights in the world and watch exclusive live broadcasts of select UFC fights cards and live events promoted by UFC partners. For more info, go to UFCFIGHTPASS.com.

TRAINING MUSIC

What kind of music does UFC bantamweight champion **TJ Dillashaw** get down to when training? Anything but country.

By **CHUCK MINDENHALL** *Photography by* **JAMES LAW**



YOU HAVE A LOT OF DIFFERENT MUSICAL TASTES OVER AT TEAM ALPHA MALE. WHAT DO YOU LIKE TO LISTEN TO WHEN YOU TRAIN?
Man, I'm easy to please. But if we're training, it would be good house music–something that's upbeat with a good tempo. Something to help me push the pace. But, I have to say, I even like it when Joseph Benavidez comes in and throws on some old classic rock too. We like to mix it up. If it's up to me, I like to choose house music.

WITH BENAVIDEZ AND URIJAH FABER AND SO MANY OTHERS TRAINING AT THE SAME TIME, WHO DECIDES WHAT TO LISTEN TO?
It's whoever gets to the gym and plugs in their phone first.

WHAT DO YOU LIKE TO LISTEN TO IF YOU'RE DOING ROADWORK? DO YOU CHANGE IT UP?
I think so. If I'm in the gym sparring or hitting mitts, I'll listen to house music–some Calvin Harris and Tiësto. But if I'm hitting the road and doing some running or riding my bike, that's when I might listen to classic rock and Red Hot Chili Peppers. If I need to start running harder, maybe some Rage Against the Machine. Once in a while, if I need to get the tempo up, I'll listen to Metallica.

IS THERE ANY KIND OF MUSIC OR A SPECIFIC ARTIST THAT YOU SIMPLY CAN'T TRAIN TO?
Yeah, it's most likely country. And as soon as I start hearing Sublime or some reggae, I just want to go hang out in the river. If I hear Sublime come on, I just leave the gym and go take out my new boat.

FOLLOW TJ DILLASHAW
@TJDILLASHAW

ON DECK

Dillashaw will defend his title against former bantamweight titleholder–and one of the most dominant fighters in the history of the sport–Renan Barao on July 25 live from the United Center in Chicago. Don't miss this epic rematch live and free on FOX.

THE PLAYLIST

DJ AL3, THE UFC'S FIGHT NIGHT DJ, PUT TOGETHER THIS PLAYLIST BASED OFF OF DILLASHAW'S TRAINING MIX OF HOUSE AND OLD-SCHOOL METAL.

"Switch"
Firebeatz & Schella

"The Hum" (Original Mix)
Dimitri Vegas & Like Mike vs. Ummet Ozcan

"California" (Chris Lake & Matroda Remix)
SNBRN feat. Kaleena Zanders

"Scream" (Original Mix)
Henry Fong & J-Trick

"Show Me How to Live" (T Ray Remix)
Audioslave

"Points of Authority" (Crystal Method Remix)
Linkin Park

"Symphony of Destruction"
Megadeth

"I'm Broken"
Pantera

"Black Magic" (Jonah Kay & Dead The Noise Remix)
Kill The Noise

"Under and Over It" (Kill The Noise Remix)
Five Finger Death Punch

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MAD MAX

The good news: Road rage is now a survival skill.
The bad: No more drive-through Starbucks.

By **SCOTT JONES**



Step into the virtual boots of Max, who, let's be honest, does not look all that much like actor Tom Hardy, or "O.G. Max" Mel Gibson. You're basically a lone, hirsute, leathered-up, bizarrely anonymous-looking warrior who must fight to stay alive in a Tatoine-esque wasteland. Your car, known as the Interceptor, is the key to your survival. While the video game takes place in the Mad Max universe, it does not pick up the plotlines of the recent film *Fury Road* or any of the prior *Mad Max* flicks. And before you get your panties in a bunch: Yes, there is a Thunder Dome in the game.

Unfortunately, your beloved Interceptor has been pinched. In fact, you've got absolutely squat after a pack of War Boys steals everything you have and leaves you for dead. Your objective is to convince an ambivalent mechanic named Chumbucket to build the ultimate Mad Maxian vehicle for you. And, lo, this vehicle shall be named Magnum Opus. Mad Max–curiously comfortable with hyperbolics since 1979.

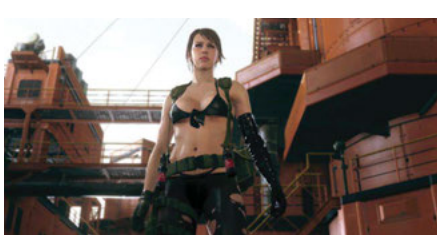
One of the game's overriding goals is to scavenge the wasteland for parts and scrap metal you can use to upgrade the Opus and your personal collection of weaponry while avoiding being flayed alive by a local warlord like Scabrous Scrotus. Yeah, let that name sink in.

There are myriad TNT-flavored objectives scattered across this open-world game. Expect roadside encounters, vehicle patrols, convoys to attack and hordes of enemy factions to battle.

Vehicle-on-vehicle warfare is the star of the show, but you'll occasionally step out of the car and get your hands dirty. The melee system is similar to Batman's fighting system in the *Arkham* series, though with a little less elegance and a lot more beard. Handguns and the occasional sniper rifle pop up. But, due to the bullet shortage, edged weapons and mauls are a little more common. And if you can't find any of those, just use the environment and ram your opponent's head into a concrete wall.

On the downside, women don't take center stage in the game, certainly not in the way that the one-armed Furiosa played by Charlize Theron does in *Fury Road*. No matter. Mad Max's comeback year is ultimately punctuated by this gruesomely satisfying experience.

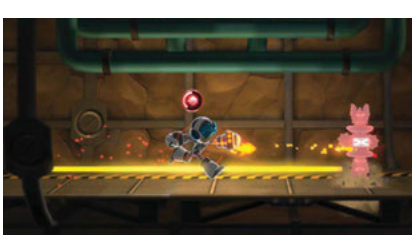
FORMAT
PS4, Xbox One, PC
PRICE
$60
PUBLISHER
Warner Bros.
RELEASE DATE
September 1



METAL GEAR SOLID V: THE PHANTOM PAIN

PLATFORMS: PS4, PS3, XBOX ONE, XBOX 360, WII U
RELEASE DATE: SEPTEMBER 1

The *Phantom Pain* story line, like all *MGS* story lines, goes in about 874 different directions. And this time, thanks to the open-world structure, so does the game. It's a polarizing experience that will delight some and enrage others.



MIGHTY NO. 9

PLATFORMS: PS4, PS3, XBOX ONE, XBOX 360, WII U
RELEASE DATE: SEPTEMBER 15

Created by Keiji Inafune, one of the producers of *Mega Man*, *Mighty* is a side-scrolling platform/shooter featuring a humanoid robot named Beck–which sounds a hell of a lot like *Mega Man*. But at least it's *Mega Man* with next-gen graphics.



MADDEN NFL 16

PLATFORMS: PS4, PS3, XBOX ONE, XBOX 360, WII U
RELEASE DATE: AUGUST 25

Total control is the name of the game in the latest *Madden*. New QB mechanics allow you more precision than ever under center, and the Connected Franchise mode allows you to control everything–right down to the price of a hot dog at your stadium, you despot.

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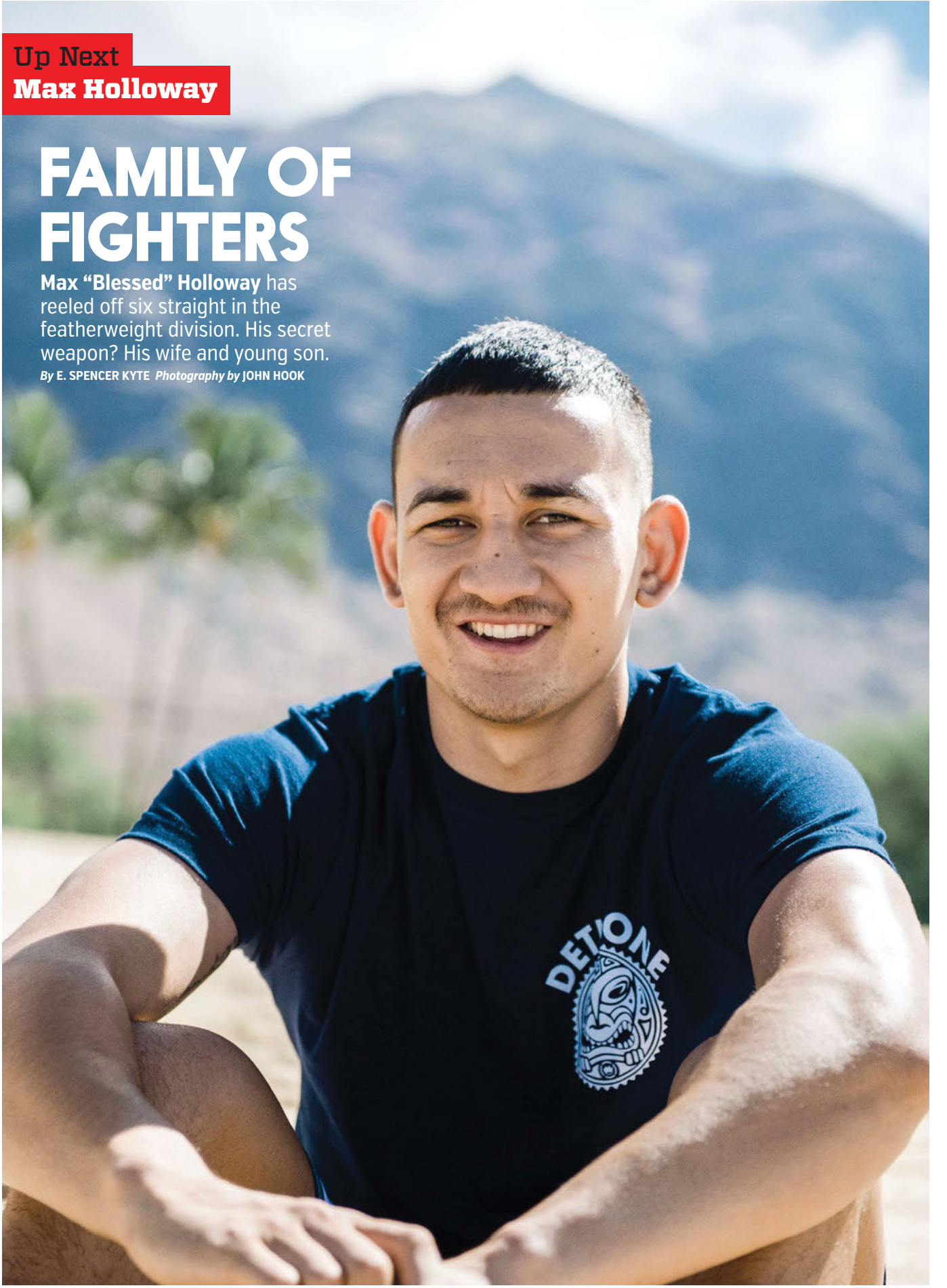
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Up Next
Max Holloway

FAMILY OF FIGHTERS

Max "Blessed" Holloway has reeled off six straight in the featherweight division. His secret weapon? His wife and young son.

By **E. SPENCER KYTE** *Photography by* **JOHN HOOK**





Max "Blessed" Holloway is one of the most exciting up-and-coming young talents in the UFC, if a fighter on a six-fight winning streak and fresh off a third-round submission win over perennial contender Cub Swanson can still be considered "up-and-coming."

Three-and-a-half years after debuting in the Octagon with a short-notice loss to Dustin Poirier, Holloway and his team have honed the raw skills evident in that first appearance. Since a 2013 loss to Conor McGregor, Holloway has strung together six consecutive victories and put himself on the brink of title contention.

With each step up in competition, Holloway's game rises to a new level, and one after another, tough opponents continue to get turned back. Over the past two years, only one opponent–veteran Cole Miller–has been able to make it to the final bell.

Top-five featherweight. Emerging star. Future champion. They're all phrases that aptly describe the 23-year-old talent, but the ones he cares about most are husband, father and proud Hawaiian.

"Being a husband and a dad helps me a lot in my career," begins Holloway, who has a two-year-old son named Rush with his wife, Kaimana. "It pushes me to go that extra mile and do what others won't do. Because at the end of the day, I have a family to feed."

Reaching this level at such a young age is rare, but a lot of Holloway's success can be traced back to his upbringing and the path he has followed in his life outside the Octagon. Being raised by his mother and grandparents and not having a father around as he was growing up had an indelible impact on the featherweight standout and gave Holloway the blueprint for the family unit he wanted to craft for himself once he got older.

"My grandma and my mom did a great job of raising me, but it sucks not growing up with a dad," says Holloway "I had a grandpa who took care of me like I was his own, but that wasn't my dad. ➲

"IF YOU WANT TO BE GREAT AT A YOUNG AGE, YOU HAVE TO SACRIFICE. AND I SACRIFICED A LOT."



"WE HAWAIIANS HAVE A WARRIOR SPIRIT IN US, AND NOW WE GET TO FIGHT WITHOUT GETTING INTO TROUBLE."

"For me, I wanted that family. I wanted my wife, I wanted my son. Now I want to show my son what family is all about: how to stay tight, how to build a bond, how to stay strong through thick and thin and beat out the stereotypes–really show him what family is. It's so great for me that I'm able to do that for him."

Not only is Holloway representing his family and setting an example for his son, but the surging featherweight contender is also at the vanguard of a new generation of Hawaiian fighters experiencing success at the highest levels of the sport.

Along with fellow UFC competitors Louis Smolka, Russell Doane and Brad Tavares, as well as Invicta FC bantamweight standout Raquel Pa'aluhi, Holloway is part of a collection of talent that continues to carry the hard-nosed mindset Hawaiian fighters are known for and picking up where one UFC legend left off.

"We Hawaiians have a warrior spirit in us, and now we get to fight without getting into trouble," laughs Holloway. "A lot of people said BJ Penn is the only thing that's going to come out of Hawaii, but I beg to differ. We've got a bunch of guys in the UFC now, and we're showing it. It's awesome to be able to prove that and show our culture."

"There has been a stereotype that Hawaiians train a little bit lazy, but I can tell you that Max does not," says Holloway's manager Brian Butler-Au of SuckerPunch Entertainment. "That kid is always in the gym. He loves to train and is always trying to get better. He has a tremendous fight IQ. He can pick apart a strategy and see what's happening. He doesn't just go in there and throw. He told me right before the fight with Cub that he had a dream the night before that he was going to submit Cub with a choke. But he also said, 'The way to beat Cub is to use angles, so I'm going to use my angles, and it's going to be hard for him to hit me.'"

That night, live on FOX, Holloway did both–cutting angles and peppering Swanson with his high-volume offense before finishing the Team Jackson-Winkeljohn fighter with a guillotine choke late in the third round.

"Max is probably one of the more mature, levelheaded fighters that we represent," adds Butler-Au, whose company also rep-



resents Takeya Mizugaki, Carla Esparza and Felice Herrig, among others. “Not that any of our fighters are bad, but Max is just a very grounded kid, especially for his age. I think the reason he stands out as being so mature and so grounded is because he is so young. He’s just a humble kid.”

That humility and that grounding all trace back to his roots.

When others his age were unclear of their desires and indecisive about where their future would take them, Holloway focused on the two things he wanted most–a beautiful family and a successful career inside the UFC Octagon–and dedicated himself to making those dreams a reality.

With his wife and son by his side, Holloway has built the family life he always wanted. And with six consecutive victories and a spot in the upper tier of the feather-erweight rankings, he’s getting close to achieving his ultimate goal inside the cage as well.

“If you want to be great at a young age, you have to sacrifice. And I sacrificed a lot,” he says. “Getting married and stuff, I thought it was the right thing. I didn’t grow up with a dad. I grew up with my grandma and grandpa, and they had a strong marriage, so I wanted that for my family–to be together, be strong, be a family man. I wanted to be great, so that’s the step I took. I sacrificed a lot, but it’s all paying off now.” O

FOLLOW MAX HOLLOWAY
@BLESSEDMMA

RIGHT PHOTO: MIKE ROACH/ZUFFA, LLC VIA GETTY IMAGES



A WINNING TEAM

HOLLOWAY’S SUCCESS IN THE OCTAGON STARTS WITH HIS SUPPORT AT HOME

“I heard from a lot of my friends that their girlfriends are giving them a hard time about training and this and that. Kaimana actually encouraged me to train and told me, ‘You need to go train.’ On those days when I didn’t want to go, she would prod me, like, ‘You need to go. You need to go because someone out there is working harder than you.’ She gave me that push, so I knew she was the one when she was talking like that–trying to get me out of the house to go train instead of trying to hold me back.”

THE RISE, FALL AND RETURN OF KILLA B

One of the most exciting welterweights competing in the division, **Ben "Killa B" Saunders** is making his second act in the Octagon one to remember

By THOMAS GERBASI *Photography by* SAM ROSA



This wasn't the Hollywood version of Ben Saunders receiving the call last summer that he was returning to the UFC after four years away. There wasn't even a call, only endless texts coming from friends who knew the news before he did.

"I woke up to texts from everybody saying, 'Hey, you're back in the UFC,'" Saunders laughs. "But I've been back almost a year now, and it's still surreal."

As Saunders speaks, he's 2–0 since his return to the Octagon, with back-to-back finishes of Chris Heatherly and Joe Riggs setting up a July 25 meeting in Chicago against Kenny Robertson. At 32, it's likely that he's in his physical prime, making it the perfect time for him to make a run at the welterweight title.

Yet whatever happens from here on out, there will always be those nagging what-ifs, questions of where he would be now if he never got cut from the roster in 2010. At the time, it was one of those situations in which fans weren't happy, yet they understood. That was the way Saunders felt as well.

"I was a little bit surprised," he said. "But I saw that it made sense."

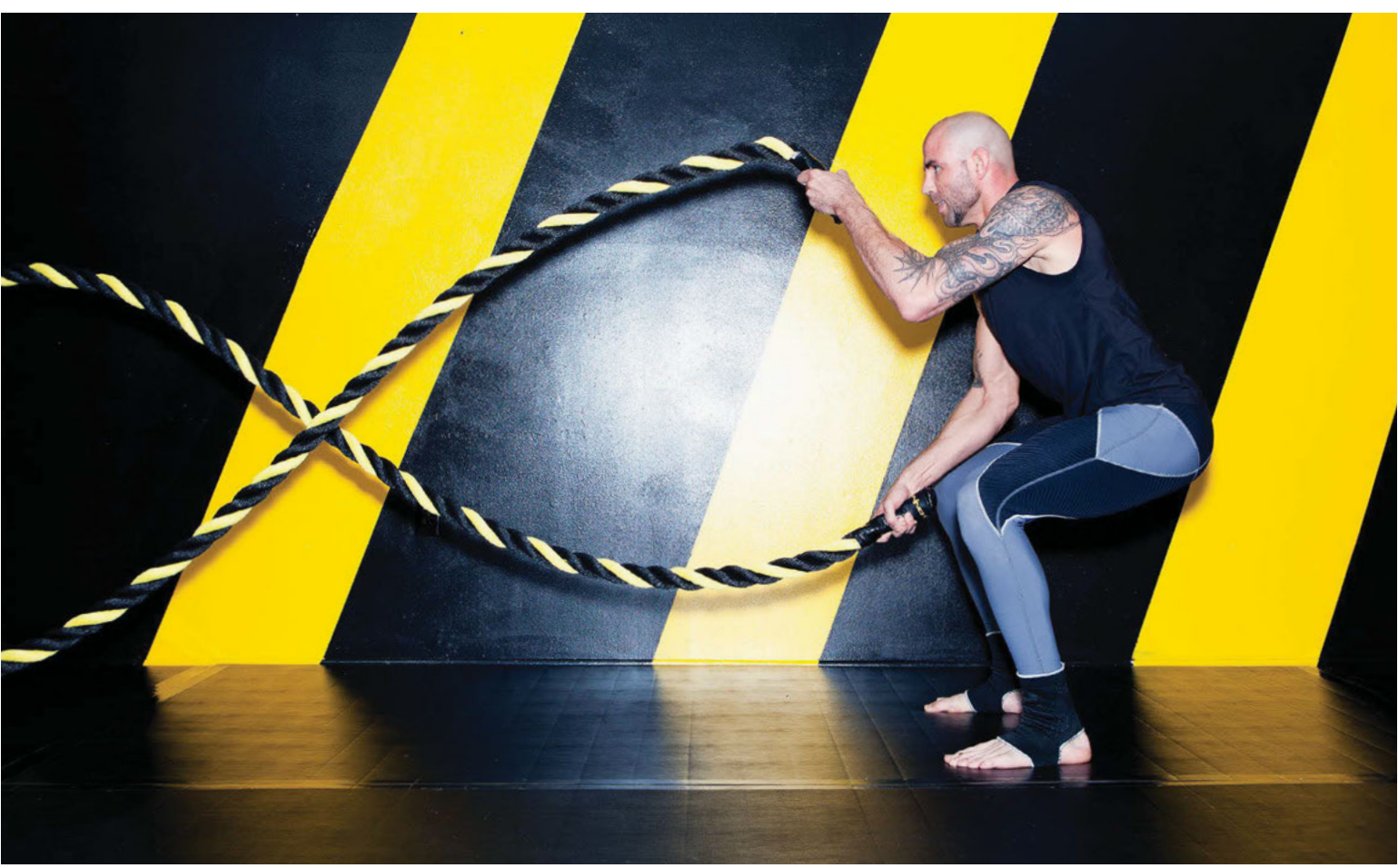
After making it to the UFC with only six pro fights and a stint on season 6 of *The Ultimate Fighter* to his name, "Killa B" blasted his way into the consciousness of the MMA world with three consecutive Octagon wins in 2007 and 2008, including a ferocious knee-induced knockout of Brandon Wolff. Following the bout, he was asked who he wanted to fight–or not fight.

"I said I would fight anybody in the world, including [former PRIDE heavyweight champion] Fedor Emelianenko," Saunders laughed. "I am completely aware of how insane that is. But at the same time, my response was, 'I know I can kick him in the face once. He can block it and smash the shit out of me. But for the rest of my life, I can say I kicked Fedor in the face.'"

This wasn't just talk from Saunders, whose next four fights showed his commitment to testing himself against the best available opposition.

"I got into this game to fight for the UFC, but in time it turned into just wanting to test myself against the best in the world," he said. "I don't care who you are, who you fight for or where I'm fighting you: That's my path in life, that's my goal–to fight the best in the world. Because that will be my reference point to see where I'm at and where I think I can go. How many times do you get the opportunity to face people with a name, with recognition, with a known skill set? The bigger the name you have, the more you're who I want to fight."

"I JUST WANT TO TEST MYSELF AGAINST THE BEST IN THE WORLD."





Entering their bouts with Saunders, Mike Swick (three-fight winning streak), Marcus Davis (13–2 in his previous 15), Jon Fitch (19–1 in his previous 20, with the only loss coming against Georges St-Pierre) and Dennis Hallman (5–1 in his previous six) all had credentials that placed them among the best 170-pounders on the planet. Unfortunately, Saunders lost to three of the four, with the only win coming from a knockout of Davis at UFC 106 in November of 2009.

He was released from the roster in August of 2010 following the loss to Hallman. The dream was over. But in his mind, it was only temporary.

"I felt like I was a baby growing up in the big leagues. When I got released, my goal was to come back a man," Saunders said, and he had a set path he was going to follow to get re-signed.

"The route I was trying to go originally when I got cut was 'give me the biggest, baddest, most well-known mother outside the UFC in my weight class,'" he said. "That was my game plan. I stepped out of the UFC and said, 'Who's off the roster? Who's not signed with anybody that's gonna sign me and put me in a long-term contract? Let's do it.' And nobody wanted it."

The plan soon changed to "just get me some fights," but that wasn't panning out either. He took a short-notice bout at home in Florida in November of 2010, stopping Elijah Harshbarger in a single round, but when subsequent fights would get made, something always forced them to hit the skids.

"I needed to keep this train rolling because I wanted to make it back," he said. "And I knew I had a skill set and a personality and a style that can be entertaining. I knew people would be entertained by my fights if I could keep getting better and keep working on my weaknesses."

But who would risk fighting a UFC vet with a high upside and motivation for days? Not everyone shared the Fort Lauderdale native's philosophy of taking on the best of the best. So–finally–Saunders inked a long-term deal with the Bellator promotion.

"My business decision was to go make some money, do what's necessary to help the longevity of my career, gain some experience and rack up some wins."

He did just that, going 7–3 with the promotion from 2011 to 2013. Following a loss to Douglas Lima, he was granted his release, but the UFC still didn't have a spot for him. Saunders signed with another promotion, Titan Fighting Championships, but fights with Matt Riddle and Jose "Pele" Landi-Jons fell through.

"That was another crazy one," he laughs. "But I did what I had to do. Do what you've got to do to survive first, and then take it from there."

At the same time that Landi-Jons ran into visa issues and scratched his matchup with Saunders, an opening came up on a UFC card. This was his chance, and after Titan released him from his contract in order to facilitate his return to the Octagon, the papers were signed and the Floridian was back.

"Everybody's different, and every fighter has their own ambitions and their own goals," he said. "For me, when I got let go I made a promise to myself that I was going



to make it back by any means necessary and that I wasn't going to give up until I did it. That was my motivation the entire time."

The motivation to compete in the Octagon, however, manifested within Saunders much earlier than 2010. "Killa B" can pinpoint the exact date: November 12, 1993, the night a 10-year-old Saunders watched the first UFC event.

"That was the defining moment in my life," he says, nearly 22 years later. "How many kids at 10 years old get to decide what they want to do for the rest of their life and actually make it? I knew I wasn't going to fight in the UFC for the rest of my life, but making it there and being a martial artist and having that lifestyle– that is something that I definitely dove into 100 percent."

He has no regrets either, even though he took the long way home.

"I'm probably a rare breed, a strange case, and I'm definitely far from normal," he laughs. "But I think that's why I'm good at what I do, and I take pride in that."

FOLLOW BEN SAUNDERS
@BENSAUNDERSMMA



KILLA INK

CHECK OUT WHAT SAUNDERS HAD TO SAY ABOUT HIS OTHER FAVORITE ART FORM

"I have three tattoos currently, and in my free time I plan to get more done. My favorite one would have to be the dragon tattoo that runs from my chest out to my left arm. Bruce Lee has been my biggest influence since I was a kid. He was born in the Year of the Dragon and had the myth of being 'The Dragon.' I feel very fortunate to grow up with someone like him as my ultimate role model. I have done my best to try and represent his teachings and philosophies with Jeet Kune Do concepts. It has helped me achieve many great things. My dragon tattoo is a true representation of my samurai spirit and who I am as a fighter."

Up Next
Neil Magny

THE QUIET MAN

With a seven-fight winning streak and a penchant for beautiful striking displays, **Neil Magny** is the UFC's best-kept secret

By **CHUCK MINDENHALL** *Photography by* **WILLIE PETERSEN**





Even though he's a 6-foot-3 welterweight who can land a jab from across the Octagon, Neil Magny is all about stealth. He's quietly been doing improbable things–things like tying the UFC's record for fighting five times in a year (2014), reeling off seven wins in a row overall and collecting consecutive $50,000 Performance of the Night checks–while keeping his own hype down to a minimum.

This, he says–this gradual ascent toward discovery–is all part of his plan.

"I had a chance to be around Cat Zingano for her title fight with Ronda Rousey, and there was a lot of pressure outside of the cage leading up to it," he says. "She had to do a bunch of things with the media. She had to fly all over the country and do press tours and things like that. That affects the way you train. That affects the way you think. It affects you in a lot of different ways. So I want to take my time and develop as a fighter, not only in the cage, but outside of it as well. It'll benefit me in the long run. Not just dive in headfirst and be like, *Holy crap, what am I doing now?* I think I'm just approaching it slowly and taking as much as I can handle."

Seven years in the Army and thousands of hours in the gym have made Magny one of the UFC's least obnoxious personalities. It's also made him a fighter who is getting harder and harder to ignore. And to hear his teammates and coaches talk about him, it won't be long before the cat is completely out of the bag.

"He's such natural talent. And that frame, man: He's the Jon Jones of the 170-pound division," says his striking coach Christian Allen. "If he uses his reach right he's unbelievable."

Magny grew up in Brooklyn and later moved to Chicago, where he began training in Brazilian jiu-jitsu at the age of 17 with former WEC champ Miguel Torres. After finishing his commitment to the military, Magny followed his coach from his stint on the 16th season of *The Ultimate Fighter*, Shane Carwin, to Colorado and finally landed with Allen at the Elevation Fight Team in Denver. Training at altitude, Magny goes head to head with the likes of Brandon Thatch, Nate Marquardt and Chris Camozzi. "If I can hold my own with a black belt like Nate," says Magny, I should have no problem with the 170-pounders in my division."

But it's Allen who's helped hone his striking skills and turned him into a rangy dervish of knees, elbows and nasty jabs–sometimes all in a single action sequence. Allen is quick to point out that Magny was riding a two-fight losing streak when he began coaching him in early 2014.

"A LOT OF GUYS GO ON SOCIAL MEDIA AND CALL PEOPLE OUT. I'D RATHER TAKE THE MORE HUMBLE APPROACH AND KEEP TRAINING TO GET BETTER."



"THE ARMY DEFINITELY HELPED ME KEEP THE BIGGER PICTURE IN MIND."

Since that time the 27-year-old prospect hasn't lost. In his last fight Magny showed heart to match his evolved striking skills, enduring a first-round swarm from Hyun-Gyu Lim, recovering and turning the tables on Lim completely en route to a second-round TKO at UFC Fight Night: Edgar vs. Faber in Manila. Not bad for a guy who was "foolishly" eating various meats in 95-degree weather right after weigh-ins.

"I actually got food poisoning going into that fight," he says. "I was in the locker room throwing up. At first all I could think was, *I don't want to get hit in the body*. I definitely started a little slower than I wanted to, but once I got going–once I got hit–I was like, *Alright, I'm in a fight*, and the instincts just took over."

Still, the criticism for Magny was that he didn't use his PR instincts on the microphone to call out somebody when presented with the chance in the Philippines. With a seven-fight winning streak, it was a natural moment to demand a top-10 opponent–or at least pound his chest a little bit. But the truth is that Magny doesn't think that way. He means it when he says he wants to fight whomever matchmaker Joe Silva puts in front of him. He says he just wants to take the obstacle course how it's presented.

"I want to let things naturally progress," he says. "I know God's going to give me the opportunity once I'm ready for it. It doesn't feel right for me to get on the microphone and start demanding certain things. If I do that I could possibly screw things up. I would rather take my time and wait for my time to come.

"A lot of guys go on social media and call people out, doing all types of things to put the spotlight on themselves. And a lot of times it works for them. They get themselves bigger fights. For me, I don't



necessarily want to go that route. I'd rather take the more humble approach and keep training to get better."

It helps that Magny practically lives in the gym. Other than tinkering with motorcycle engines and playing video games, he doesn't have a lot of hobbies outside of his profession. The only thing he has planned for the summer is to conquer a few of the "14ers"–the 14,000-foot peaks in Colorado's Rocky Mountains–and to redirect his bonus money toward a house. Other than that, he wants to keep fighting as often as he can–against a ranked opponent or otherwise. That attitude is why Allen thinks that in "two to three years" Neil Magny will be a champion.

"He'll say yes to everything," Allen says. "People say Neil needs a top-10 guy. That's up to the UFC. Neil has taken every fight they've given him. When they presented the Josh Koscheck fight [at UFC 184], he took it right away. He'll fight anybody. But at the same time, it's good that he's been built up in this way. Every fight gets a little bit tougher, and he keeps getting a little bit better. In his last two fights, he's gotten two bonuses because of that."

Magny says his mission is to one day make his sacrifices count.

"The Army definitely helped me keep the bigger picture in mind," he says. "There are times I would love to fly to Chicago and visit family and friends and not be in the gym, but I know it's all for a purpose. As hard as it is to go back home and realize that your nieces are walking and talking and you missed out on it, the end result is going to be so much better when they go to college because of what I made of today–what I made of now."

And what he's making right now is a name for himself in the fight game.

FOLLOW NEIL MAGNY
@NEILMAGNY

MAGNY BY THE NUMBERS

Neil Magny has quietly built one of the sport's best win streaks, but his stats are downright impressive. Instead of getting on the mic, he lets his numbers do the talking.

Magny is currently tied for **FIFTH LONGEST ACTIVE UFC WIN STREAK**, with seven consecutive wins.

He enjoys a **+2.36 STRIKE DIFFERENTIAL PER MINUTE**, the highest among active welterweights with a minimum of five fights.

Though he dishes it out, Magny absorbs very little punishment, getting hit with **1.56 SIGNIFICANT STRIKES PER MINUTE**–the lowest (i.e., the best) rate among active welterweights with a minimum of five fights.

Up Next
Bec Rawlings

TASMANIAN SAVAGE

Australian strawweight **Bec Rawlings** has a two-part game plan: 1. Walk to the Octagon. 2. Get the finish. Everything else is just a waste of time.

By **THOMAS GERBASI** *Photography by* **NATHAN DUFF**





Ronda Rousey has her armbar. Mirko Cro Cop has his left kick to the head. Yet if you were trying to pin a signature move on the arsenal of UFC strawweight Bec Rawlings, it wouldn't necessarily be a particular technique, it's more a state of mind–an attitude.

She calls it being a savage, and it was on full display in Adelaide, Australia, on May 10, as Rawlings put away her former teammate Lisa Ellis on *The Ultimate Fighter* in the first round to earn her first UFC victory.

"It was definitely a big weight lifted off my shoulders," said Rawlings, who was coming off a debut loss to Heather Jo Clark five months earlier. "I hate losing, no matter what–but losing in the UFC is another thing. I was definitely stoked to get my first win and prove to everyone what I knew I was capable of. That was the biggest thing. I just wanted to showcase how I really am when I get the best camp and I'm 100 percent mentally ready for a fight. It was really cool to go out there and be a savage."

Rawlings laughs, and only she could pull off talking about being a savage and making light of it at the same time. That ability to go from a social-media maven and jokester to an all-business competitor on fight night has made the Tasmanian one of the most popular fighters in the 115-pound weight class. But being able to flip that switch and treat her bouts as fights is an advantage she believes she holds over her peers.

"When some fighters go out there and overthink things they respect their opponent too much, and they think they have to fight smarter or stick to a certain game plan. At the end of the day, a fight's a fight, and that's exactly how I go out there," Rawlings said. "I don't think anything different other than, *You're in front of me, I have to finish you and this is a fight*. It's something some athletes are forgetting about, and they're losing their way. What works best for me is to just go out there and turn it into a dogfight and make it ugly."

When Rawlings, 6–4 as a pro, is able to do that, it can be bad news for opponents, especially ones the 26-year-old doesn't believe are truly equipped to handle what goes on in something beyond a mere sporting event.

"The strawweight division is definitely grappler- and wrestler-dominant, and these girls just don't like being punched in the face," Rawlings laughs. "They just hate it. So it's definitely a good edge for me, because people know that when they fight me that I'm coming in there to hurt them. I'm not coming in there to wrestle them and slowly grind them down and hopefully edge out a decision–I'm going out there to finish them."

"IT WAS REALLY COOL TO GO OUT THERE AND BE A SAVAGE."

Asked where she developed this fearlessness when it comes to getting hit, Rawlings says, "I was in my share of trouble growing up. I was a young kid in a small town and the youngest of four children, so I had to be tough and try to defend myself against my older siblings."

It was a difficult life, yet as a basketball player and gymnast growing up, Rawlings never considered martial arts or fighting as a path simply because there were no women in Australia to follow down that road–and certainly not in Launceston, Tasmania, one of the country's isolated hinterlands. When she entered a gym in 2010, it was to lose weight, not to chase titles. Turns out that she had a knack for the art of the fight.



Up Next
Bec Rawlings

"When I started training and fell in love with the boxing side of things, I picked it up quite naturally," she said. "It never fazed me to get hit, and I thought all fighters were like that. But it took my coach to be like, 'No, girls don't like being hit. That's why they're more grappler-dominant. They like to wrestle, and they don't want to get hurt.'"

Rawlings had no such fear. Of anything. So it was really no surprise that in October of 2011—nine months after giving birth to her youngest son, Enson—she was making her pro debut, getting knocked out by a head kick thrown by Rhiannon Thompson. That might have been enough for any mother of two to pack it in, but not the tough-as-nails Rawlings, whose gritty style, show-stopping look and uncommon charisma made her a rising star who soon compiled four consecutive wins and earned a contract from Invicta FC. It was a major accomplishment for the Aussie, who admits that her capacity to fight and connect with fans aided in her ability to break the U.S. market.

"I probably wouldn't have gotten signed to Invicta and probably wouldn't be on the UFC's radar if I didn't have the fan base that I had," she said. "I'm not saying that I couldn't fight: Obviously I've gone out there and proved that I can fight. But to get recognized, I needed an edge and needed a reason to have an organization fly me all the way from Australia and invest money in me."

It was a wise investment. After pushing Carla Esparza to the limit in a five-round Invicta FC strawweight title fight in January of 2013, Rawlings split her next two bouts before getting selected as one of the first eight women to be signed to the UFC and receive the opportunity to compete for the 115-pound title through *The Ultimate Fighter: A Champion Will Be Crowned*. She fell short of the finals and lost her debut to Clark, but with the win over Ellis, things are looking bright for Rawlings, who will travel to Scotland to face another *The Ultimate Fighter* castmate, Joanne Calderwood, on July 18. For "Rowdy" Bec, this is just another step in a wild journey that she expects will culminate in a world championship. None of it has come easy though.

"I work my ass off," said Rawlings, who makes the trip from her current home in Brisbane to train with the Alliance MMA team in San Diego. "I'm in the gym every day and evolving as a fighter—and I believe in myself. That's 100 percent what's gotten me this far in so little time. I believe that I'm the best in the world, and I know that it's just a matter of time until I can prove it. I just keep a good head space. Obviously I want to fight people who are ranked higher than me so I can start climbing that ladder, but in my mind I'm better than the No. 1 fighter. I'm on the right path, and I'm destined to be the champ. That's self-belief really. I think that's what drives any champion; believing that you're the best."

Having a little savage in you doesn't hurt either.

FOLLOW BEC RAWLINGS
@ROWDYBEC

ONE TOUGH MOTHER

A fighter's life is full of sacrifices. In Bec Rawlings' case, the biggest one is having to leave her two sons, Zake, 6, and Enson, 4, at home in Brisbane when she's at training camp in America.

"I know that at the finish line it's going to all be worth it, and my hard work is paying off," she said. "I know that the reward is worth the sacrifice. It's hard, I'm not gonna lie. But fighting is all I know. I've got to go out there and make sacrifices, and it's something I'm willing to do. My sons know what I do, but they haven't quite realized that it's not normal for moms to do this," she laughs. "They don't even want to watch my fights. Maybe when they start getting a little bit older, they'll realize that normal mommies don't go to the gym and fight for a living. Until then, I'm plain-old boring mom."




UFC
FIGHT NIGHT
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VS DARIUSH
LIGHTWEIGHT BOUT
4 McMANN
VS NUNES 8
BANTAMWEIGHT BOUT
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SATURDAY
10 PM ET
FOX SPORTS 1
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DANIEL CORMIER

A LIFE ON THE GRIND

THE NEWLY CROWNED LIGHT HEAVYWEIGHT CHAMPION OF THE WORLD HAS BEEN FIGHTING HIS ENTIRE LIFE

BY SETH KELLY
PHOTOGRAPHY BY JAMES LAW


OSU

From representing the United States as an Olympic wrestler to claiming the UFC light heavyweight title, Daniel Cormier has spent his entire life facing down opponents in single combat. While he has made his name standing alone on a mat or a canvas, Cormier will be the first person to tell you that he owes no small amount of his success to a long list of family and friends who have supported him along every step of his journey.

Cormier's biological father died when he was a boy. The man who raised him from the age of two, and the man he calls his father, Percy Benoit, and his mother Audrey instilled the work ethic in "DC" that propelled him to win the Strikeforce Heavyweight Grand Prix as a relative unknown in 2012. More importantly, that work ethic sustains him as he stands across the ring from Cain Velasquez, Luke Rockhold and the murderer's row of training partners at AKA every day through each training camp. Here, the newly crowned light heavyweight champion of the world talks about the spectre of Jon Jones, his upcoming opponent in Alexander Gustafsson and what made Cormier the man he is today.



WHAT WAS IT WAS LIKE GROWING UP IN LAFAYETTE, LOUISIANA?

I loved it. I grew up in a place where we didn't have a lot. But my parents always made sure we had enough. My dad got up every morning at 6:30, was at the Parks and Recreation Department of the City of Lafayette at 7:30, worked till 5, came home, took a bath, changed his clothes and went to work washing dishes at a restaurant called Alesi's. Before he started working for the city, my dad would take roofing jobs on the weekend. Remember, it's 95 degrees and 98 percent humidity. That man always instilled *hard* work. My mom—she was a housecleaner. She worked for two families and would make $40 a day. But my parents refused to take government assistance. They wanted to teach us that through hard work you could get yourself out of any situation. My sister Felicia and my brothers Ferral and Joe—we all work hard.

I HAVE NOT SEEN ANYONE OTHER THAN PAT MILETICH WALK OUT WITH HIS SHIRT TUCKED IN. DID YOUR DAD INSTILL THAT HABIT IN YOU?

It comes from being a wrestler. It's just something that was embedded in me since I was a kid. It's just from watching my coaches. Shorts, sweatpants: It just does not matter. John Smith is my wrestling coach, and he always does it. I don't know where it started. But every guy who coaches there does it. And I always felt better doing it, so I always do it. I don't even notice anymore.

THERE'S A GREAT PHOTO OF YOU WITH YOUR PARENTS AFTER BEATING ANTHONY JOHNSON. WERE THEY THE ONLY FAMILY YOU HAD IN THE CROWD THAT NIGHT?

The great thing about my situation now is that we're financially stable. I was able



CORMIER WORKS FROM TOP POSITION AGAINST ANTHONY "RUMBLE" JOHNSON.

to fly out my brothers, my sister and their significant others. I've got a nephew and a cousin that lived with us through high school. I flew them out. There were forty-something people. It was an expensive fight, but it was totally worth every dime. They were there for the loss to Jones. It was great to have them there for the triumph.

YOUR FAMILY HAS SUPPORTED YOU THROUGHOUT YOUR CAREER. WHO ELSE HAS HAD YOUR BACK ON THIS ROAD?

Zinkin Entertainment. If a check was late from any of my sponsors, Zinkin would give it to me and *they* would wait for the check. When I paid Zinkin after my first fight, it bounced! They told me not to worry about it and pay them later in my career when I was making money. They understood that I had nothing. That's what [managers] DeWayne [Zinkin] and Bob [Cook] told me! They would pay me when sponsors didn't so that my rent was on time and I didn't have to pay late fees. It's crazy. I had a lot of help. Man, I had a lot of help.

SOUNDS LIKE YOU WORKED HARD THOUGH.

It all comes from parents. They worked *hard*. And they're good people. When you're a good person, good stuff happens. I think I've got the most supportive family of anyone in the world. That's why on *UFC Tonight*, after I won the belt, they sent in these messages from my family and it made me cry. These are the people that matter. I love them to death, and they have always believed in me.

WRESTLING ISN'T EXACTLY A MAJOR SPORT IN THE SOUTHEAST. HOW DID YOU END UP COMPETING ON THE INTERNATIONAL WRESTLING CIRCUIT.

Jim Ravannack and Dr. Nick Accardo would see me at local tournaments and started driving me and flying me everywhere. They were wrestlers and coaches and just saw a kid that had some potential. Stephen "Tank" Lotief was my coach from when I was 11 until I graduated high school. He was always there. But those guys took me all over on these trips that could cost up to $1,000. I couldn't afford it. I started wrestling nationally, and we went to Evanston,



"JON JONES IS THE EVERLASTING THREAT."

"THIS IS PROBABLY THE GREATEST PICTURE I'VE EVER TAKEN. IT'S ME WITH MY MOM AND DAD AFTER I WON THE CHAMPIONSHIP."
–DANIEL CORMIER

TOP: CHRISTIAN PETERSEN; BOTTOM: MIKE ROACH; BOTH: ZUFFA, LLC VIA GETTY IMAGES

"THE CARD THAT GOT ME TO DECIDE TO FIGHT WAS UFC 100."



Illinois, the campus of the Northwestern Wildcats, for the Cadet World Team Trials. You win the tournament and you get to wrestle in the world championships in Budapest, Hungary.

WHAT WAS THE FARTHEST YOU HAD BEEN FROM HOME AT THAT POINT?
North Carolina was the farthest I had gone. I went to Illinois and somehow won the tournament in Greco. And in freestyle I got second place. After I made the world team, this guy Roy Oliver, the developmental coach of USA Wrestling, would call and call and call. I would recognize the number. I would pick up the phone and then hang up.

WHY DID YOU DO THAT?
I didn't want to go. I had a girlfriend. I was scared to get on an airplane. I had just turned 16, and I was terrified. One day he got my dad on the phone. My dad said, "Get a passport, you're going to Hungary. This thing is paid for. You go wrestle." They made me go. The greatest decision ever. I went to Budapest and got third place in the world. You know who got second place in freestyle? Cael Sanderson, head coach of Penn State University and one of the greatest American wrestlers of all time.

YOU'VE COMPETED AGAINST HIM AS WELL.
We wrestled. I've known Cael since I was 14 years old. Me, Cael, Gray Maynard, Josh Koscheck, Mark Munoz—all of us were kids wrestling all over the world. We were the best in the country at the time. Maynard used to find me because my accent was so thick, and he just loved hearing me talk. He thought I was from Jamaica. When we all left high school we were four of the top-10 kids in the country.

WHEN WAS THE FIRST TIME YOU SAW AN MMA FIGHT?
My coach at the Olympic Training Center, Kevin Jackson, who also fought Frank Shamrock for the UFC title, used to get all the Pay-Per-Views. I think the first fight I saw was Mike Van Arsdale versus Randy Couture back in 2005. I was like, "Van can't outwrestle Randy Couture?" And Kevin just said, "It's a whole different ballgame." I was hooked on watching the sport. But the card that got me to decide to fight was UFC 100.

WERE YOU THERE?
I was in Stillwater, Oklahoma, watching it at Coleman Scott's house. Jon Jones was on the undercard. How crazy is that? Frank Mir versus Brock Lesnar II, Georges St-Pierre versus Thiago Alves, even Mark Coleman was on that card! I told Coleman Scott, "I'm going to do this. I'm going to fight." I had never seen anything like it. Lesnar was like a god to me. GSP was just so technical. And Dan Henderson just flatlining Bisping? It looked like the greatest sport known to man. I called DeWayne two weeks later.

WHAT WERE YOU THINKING WHEN ANTHONY JOHNSON CAUGHT YOU WITH THE RIGHT HAND IN THE FIRST ROUND?
I saw it coming. I was trying to retreat. And I thought it was coming straight. I reached out to parry and the punch came over the top and hit me. I was like, "Where did that truck come from?" I fell and popped up because I wasn't hurt that bad. My legs weren't doing the chicken dance. But it was the first time I've been knocked down in a fight or practice. It was a new experience for me.

WHAT DO YOU REMEMBER ABOUT THAT MOMENT?
I just didn't want to let him get the follow-up shot, because that's the one that kills you. The first one hurts and knocks you down. But it's that second one that puts you out. That's why Johnson was throwing so hard: He was trying to get to that second punch, which allowed me to take him down.



YOU SEEMED MORE DETACHED IN THE LEAD-UP TO THE JOHNSON FIGHT IN COMPARISON TO JONES. DO YOU THINK THAT MADE YOU A BETTER FIGHTER?
There was so much anger for Jones. I just didn't like the dude. It clouded the way that I think. With Anthony I was able to separate competition from fighting. With Jones, we fought at the press conference. We almost got into it in the hallway before the weigh-ins. When we got to the Octagon it was a fight. I wanted to *fight* him. And you can't fight someone for 25 minutes. That's why street fights last all of 25 seconds. You're fighting on pure emotion. You *can* compete against someone for 25 minutes. You have to have a sound mind and body in the Octagon. And I wasn't there mentally. I have to get that together before we fight again.

IN THE SPACE OF AN HOUR YOU WENT FROM CALLING OUT JONES IN YOUR POST-FIGHT SPEECH TO CALLING RYAN BADER AN "EASY PAYCHECK" AT THE PRESS CONFERENCE.
If I had known at the time that Alexander Gustafsson was on the horizon, I would've gotten after his ass too!

IS THE FIGHT-PROMOTION PART OF THE BUSINESS SOMETHING YOU'RE ENJOYING NOW?
It's part of the business. I've always tried, but I've never had the platform to go out and sell a fight. And maybe that's why people are having different feelings towards me. Plus, I only tell the truth. People get mad at me, but I only tell the truth.

WHAT DO YOU MEAN?
I said that Jon Jones is a bad person. Look at the situation he's gotten himself into. I said that Anthony Johnson got choked out by Josh Koscheck. It's the truth. I love Anthony, but since he's been at 205 he hasn't dealt with adversity. Let's see how he responds to adversity. Let's see if, behind all this muscle, it's the same guy that we knew. It's the truth! I said Ryan Bader is easy. He lost to frickin' Tito Ortiz. He's easy! It's my truth. If my truth leads to fight promotion, that's what it is. I'm not making shit up.

YOU ALSO DO NOT APPEAR SHY ABOUT GOING ON THE OFFENSIVE.
You put a guy in front of me that's a threat? I'll go right at his ass. I'm not going to run away from anyone. Ryan Bader was a threat. Boom. I'm not going in the opposite direction. Jon Jones is the everlasting threat. He won't go away because he beat me and he dominated the division for so long. I will go directly at that guy.

WAS YOUR CALLOUT OF JONES AFTER WINNING THE TITLE PLANNED OR SPONTANEOUS?
Right there. I was standing there thinking, *I know he's watching. I'm going after Jones' ass.* If he didn't watch that fight he would be the strongest man on the planet.

WHAT MAKES YOU SAY THAT?
The guy you dislike as much as you dislike me is going to fight for the opportunity to wear your belt. I knew he was watching it. So I decided to tell him something. I think I screwed up the attendance because I was just throwing a number out there.

I REALLY DON'T THINK ANYONE NOTICED THAT MISTAKE.
I told him to get his act together. One, so I can fight him again. And two, he's too valuable to this company and this sport and to everything mixed martial arts to be getting into that kind of trouble.

YOU SOUND GENUINELY CONCERNED FOR HIM.
My only concern for him isn't even as a fighter. When this guy becomes a better person he will be a champion that kids can look up to. People want to like him. People want to believe that he is this idol that he can be. I have said time and time again, he's a good-looking kid, an unbelievable fighter and he's got good charisma. He should be as well known as Kobe Bryant. He has every single attribute to be a huge star. But he has this issue that he has to take care of.

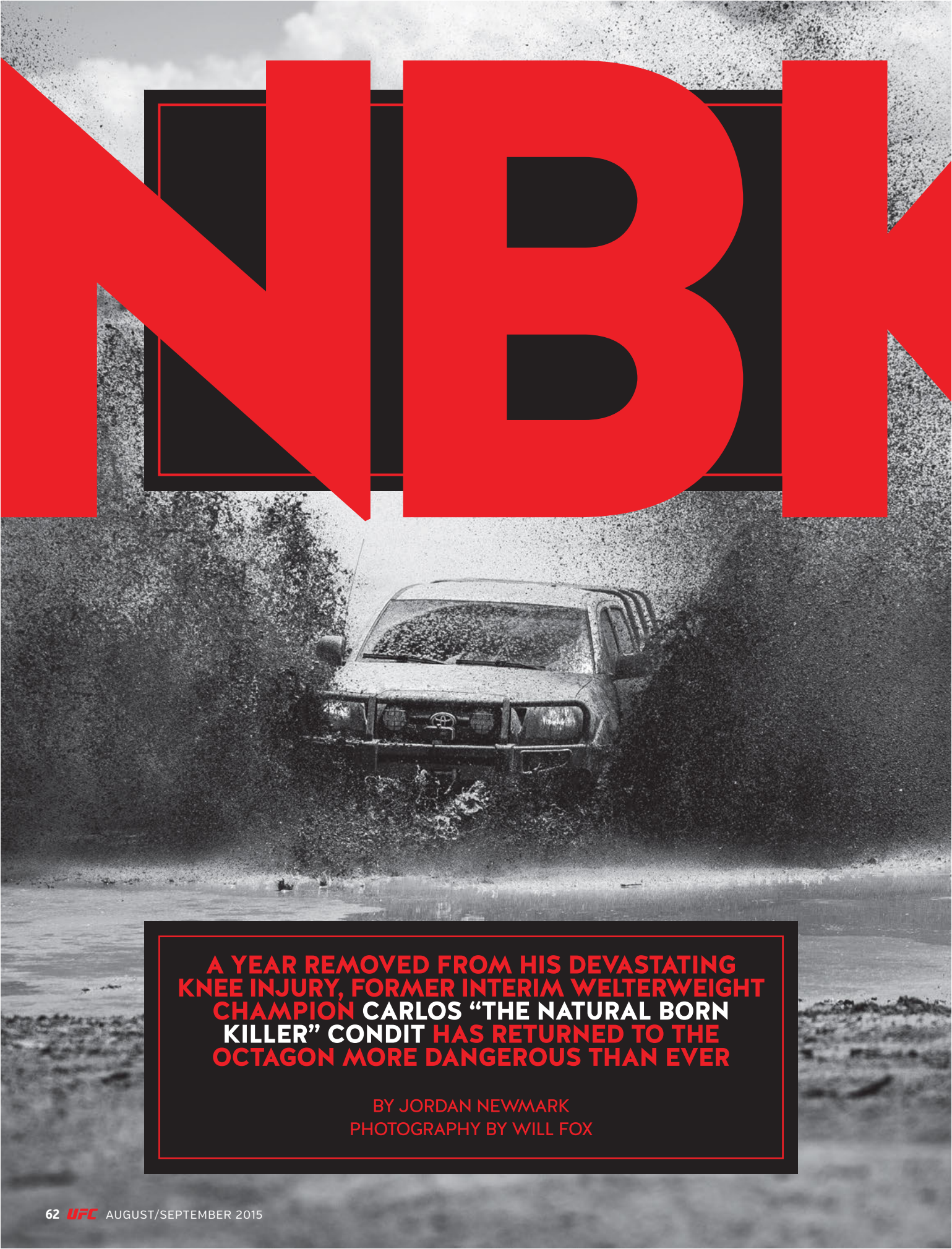
DO YOU FEEL SORRY FOR HIM?
I don't feel sorry for Jon. I feel sorry for his family and the people around him. But I do have sympathy for him as a person.

WHERE DOES THAT COME FROM?
I can just see all that he can mean to the world, because that's what I try to do. I try to be a role model to kids who are in the situation I used to be in. I see what this guy can mean to not only the youth, but what he could mean to the sport of mixed martial arts. Could you imagine if Jon Jones actually did everything right? He was beating all of us—eight different dudes—and he hasn't even been 100 percent on task. That's as honest as I can be with you.

WHEN DO YOU THINK YOU'LL MATCH UP WITH GUSTAFSSON?
I'm seeing my doctor to get some treatment on my knee. Ideally, I would like to fight sometime this fall.

WHAT DO YOU THINK OF GUSTAFSSON AS AN OPPONENT?
He's going to be a tremendous challenge, but for as good as Alexander Gustafsson is, this is a guy who made his name off of losing a fight [to Jones]. He fought close. A guy that becomes a celebrity and a superstar off of fighting close is not going to beat me. Alex is going to fight as well as he can for as long as it lasts, but he's not gonna beat me.

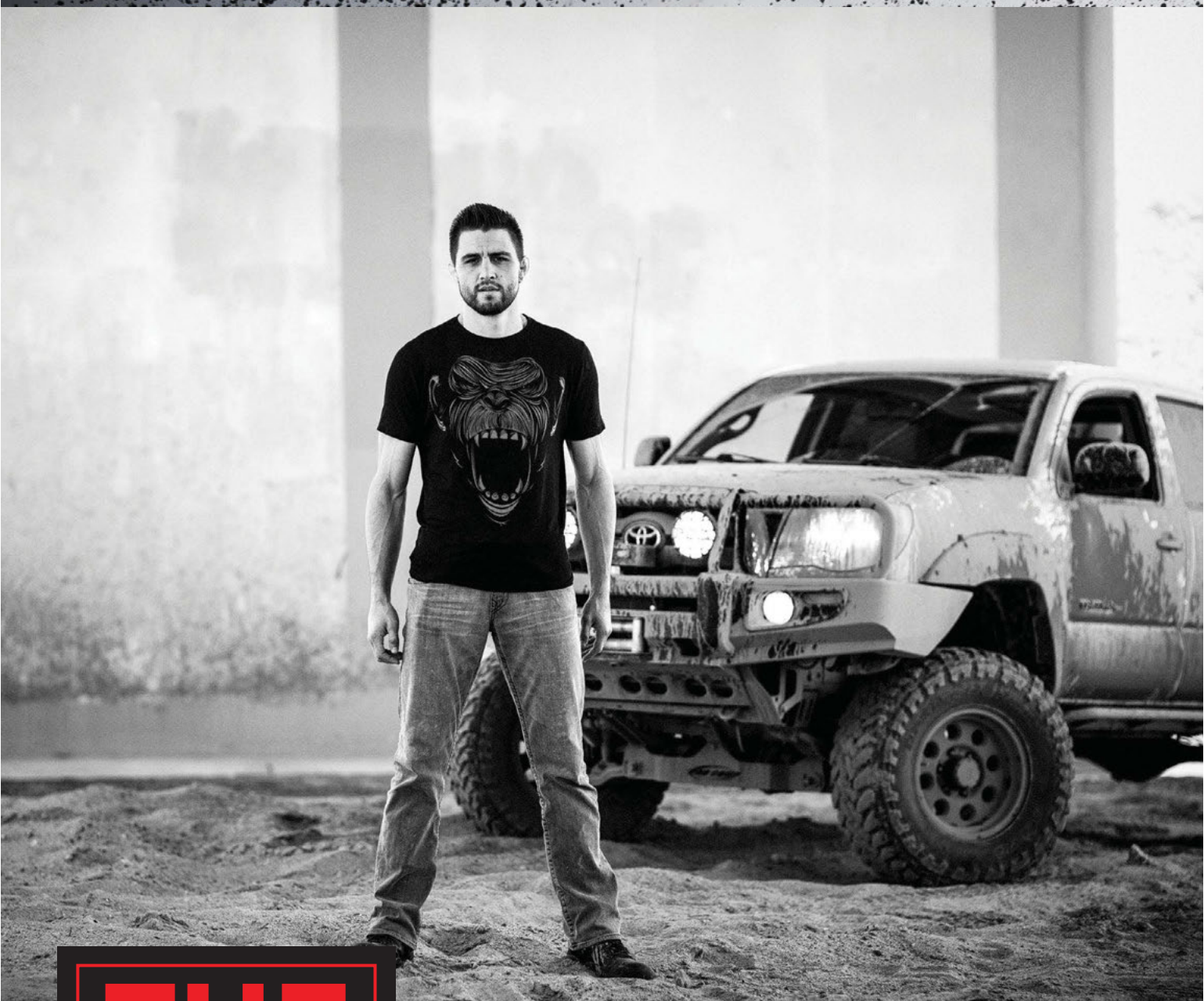
NBK



A YEAR REMOVED FROM HIS DEVASTATING KNEE INJURY, FORMER INTERIM WELTERWEIGHT CHAMPION CARLOS "THE NATURAL BORN KILLER" CONDIT HAS RETURNED TO THE OCTAGON MORE DANGEROUS THAN EVER

BY JORDAN NEWMARK
PHOTOGRAPHY BY WILL FOX





THE

high desert of New Mexico and the Octagon share a few commonalities. Both places are inhospitable. Nothing in either zone comes easily, especially success. And Carlos "The Natural Born Killer" Condit can refer to them both as "home."

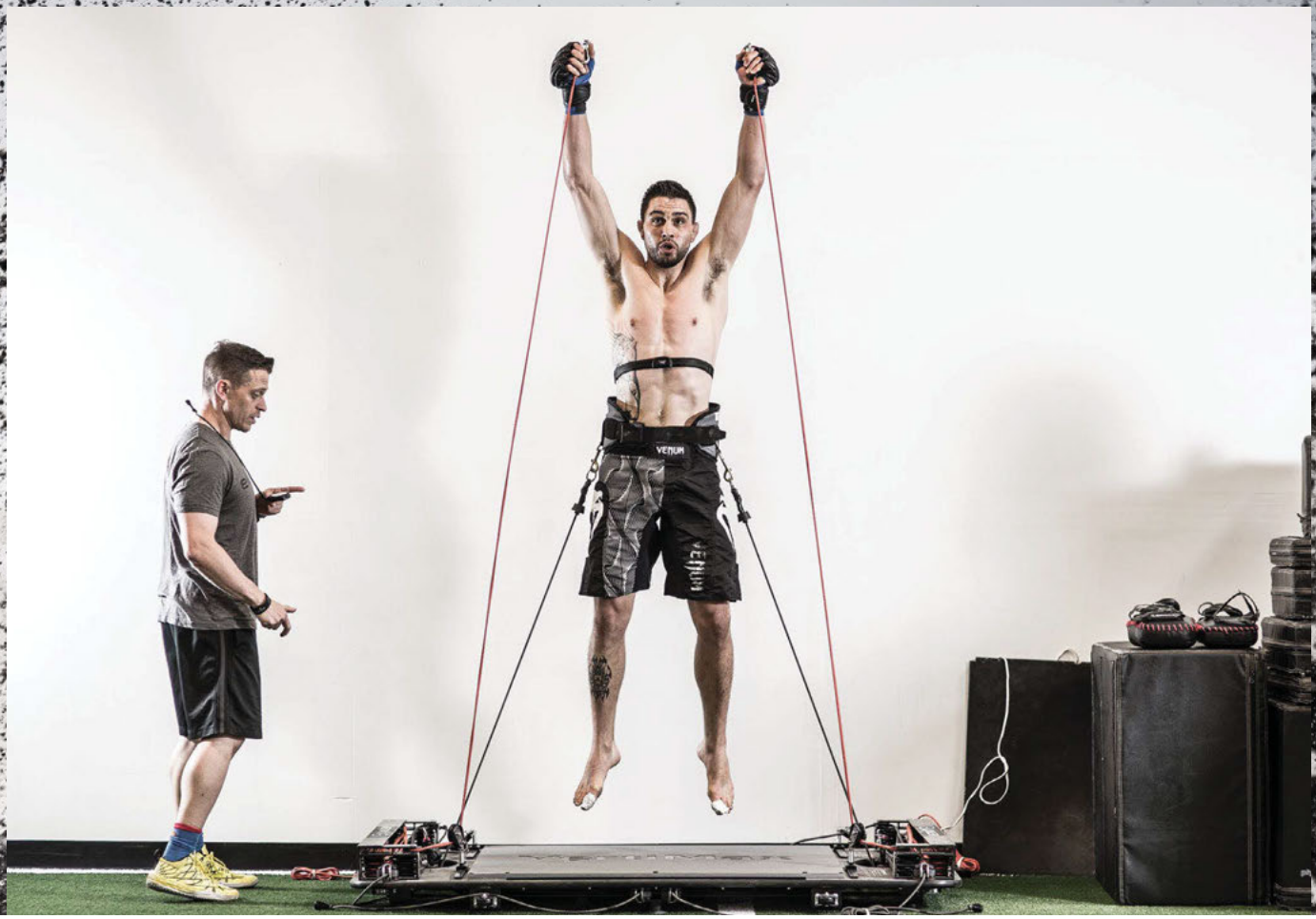
Simply stated, Condit is an utter savage. Over the course of 38 professional bouts the Albuquerque native has amassed 30 victories, with all but two wins by stoppage. In his last performance Condit put on a striking clinic against surging Muay Thai specialist Thiago Alves, roughing up "Pitbull" to the point that the doctor waved the fight off after two rounds. It was a virtuoso performance by Condit made all the more spectacular by the fact that it was his first fight since tearing his ACL in a loss to Tyron Woodley more than a year before at UFC 171.

While Condit's nickname implies a certain amount of innate ability, the former WEC welterweight champion will tell you that the heart of a fighter is the only thing he was born with. Everything else you see on display on fight night? That came with a price.

"It's by no means a natural gift," said Condit. "It is training. It is hours and hours of training. It is the time dedicated to not only technique, but also executing that technique under pressure. Executing proper technique while fatigued. When guys get tired, one of the first things that goes out the window is their technique. We developed a way to train where we're exhausted, we're muscularly fatigued, and we still have to use proper technique."

Consider Condit's systematic dismantling of Alves in Goiania, Brazil, in May as kinetic proof to the training theories inside Jackson-Winkeljohn MMA. Condit did more than just recover from a torn ACL during his 441-day layoff, he completely rebuilt his body and refined his game.

"He's just never taken any shortcuts," said friend, former sparring partner and current striking coach Brandon "Six Gun" Gibson. "He's put in the time in the gym. Carlos and I have talked a lot about how you keep learning, how you build a workout routine and how all those reps and all



those muscle movements come together so everything is just there. It's about getting in those 10,000 hours. Carlos has a very deep mental approach to training and getting the most out of it. Not just throwing reps to throw reps, but throwing reps to be able to use them effectively in a fight. Carlos isn't that fighter that needs everyone to tell him he's the best and that he's going to do it. Carlos has that self-conviction more than any other fighter. In training I think we nurture it. I think we understand his own process, and we're collaborating with him. His technique, his mental focus and his ferocious heart—he just puts it into everything he does."

An entire team supported "The NBK" during his recovery and rebuilding process. Condit even got help from some unexpected places. Shortly after the Woodley fight, former UFC welterweight champion Georges St-Pierre called Greg Jackson to give advice as to what to expect in recovery from his own torn ACL experience. Starting days after surgery, Condit spent six months doing intensive rehab with physical therapist Jimmy Minner. Erwan Le Corre, founder of the functional-movement system MovNat, provided another piece to the recovery puzzle when he contacted Condit out of the blue to work with the fighter.

"It's basically the mastery of movement with regards to balance, stability and timing," said Condit of the MovNat system. "You can really apply it to anything. You can tailor it to sports or to whatever exactly your needs are. For me, we worked on balance and stability. We worked on my stance quite a bit. We worked on the positioning of my body weight, and that translated into me moving forward and backward quicker. He has been awesome and has helped me incredibly."

Besides evolving physically, Condit's mastery of attack at all ranges—specifically elbows—was a focus over the past year. Alves wore the results of that work as Condit fluidly mixed standing elbows into his punching combinations. "As a team, we had really identified that elbows were going to be there against Thiago," said Gibson. "We had come together with a series—patterns of high volumes of elbow combinations." At 6-foot-2, Condit enjoys a height and reach advantage over most welterweights. Most opponents will work in close to avoid getting picked apart by Condit's jab and arsenal of head kicks. After the layoff, Condit's opponents, working at distance or in the pocket, will simply have to pick their poison.

"YOU CAN'T JUST GO BUCK WILD AND LOSE ALL TECHNIQUE WHILE TRYING TO GO FOR A FINISH."



"Carlos, Mike Winkeljohn and I just worked them extensively. We've been working on it the past year or so, and we've really narrowed it down and fine-tuned it. In our drill you can see quite a few elbows that Carlos was able to implement in the fight," said Gibson. "The cross to left rising elbow, the Jon Jones-esque spinning elbow and the force-parry into an elbow, which is very similar to Jon Jones versus Rashad Evans as well. When we get those reps in and get the proper setups in place, I think Carlos can land devastating elbows against anybody in the top 10 at 170."

While it didn't grab any headlines, Condit scored two takedowns on Alves. That might seem like a footnote in the stat line: Condit had not scored a TD in a fight since a 2009 win over Jake Ellenberger. Despite wrestling since the age of nine, Condit admits he got away from that aspect of his game, mostly due to the slick submission skills that have netted him 13 career wins. "I got real comfortable on my back," said Condit. "I could submit people from there and not waste a lot of energy. Fighting people from my guard took less energy than fighting for takedowns or fighting against takedowns. That worked for me for awhile. Obviously, at this high level, you have to have all aspects of the game on lock." To make the necessary fix, Condit turned to grappling guru Ricky Lundell, Olympic freestyle wrestler Jake Herbert and Team Jackson-Winkeljohn's wrestling coach Lenny Lovato. "My striking is always something I need to keep sharp, but wrestling is where I need to make improvements," said Condit. "I have been putting a lot of time and energy into that."



"I WANT TO BE IN THE BIGGEST FIGHTS POSSIBLE."

In addition to his refined striking and wrestling, Condit displayed composure and discipline against Alves. They aren't as flashy as a spinning elbow, but those intangibles are essential to championship campaigns and can only be learned through experience. Once he had Alves stunned, Condit released an onslaught that was as patient as it was punishing. There was something new to Condit's hunt for the finish borne from his failure to put Georges St-Pierre away after landing a head kick at UFC 154.

"I think it's definitely something I learned from that fight," said Condit. "If you drop a guy and he's only 50 percent out of it, these are incredibly high-level guys. Even at 50 percent they're still very effective. You can't just go buck wild and lose all technique while trying to go for a finish. It might work out, but most likely you'll blow your opportunity. Once I put my hands on Alves again, I felt and sensed he was still in the fight. At that point I reassessed. Let's look for this finish, but let's also be smart. Let's not blow your position, and let's not tire yourself out trying to finish him. Let's put sustained pressure on him."



The last year of work has done more than elevate "The NBK" to another level. Condit will never say it, but his relentless drive for excellence has raised everyone's game in Jackson-Winkeljohn's world-renowned gym. "I've seen Carlos become more of a mentor and leader in the gym," said Gibson. "All the younger guys on the team have always looked up to him. The way Carlos is able to inspire the team and help lead and motivate these guys is great. He encourages them to go and tell their own story out there. As a coach I've learned so much from Carlos by watching his process and his discipline. I know I'm going to be able to use the lessons I've learned from Carlos for so many of my fighters."

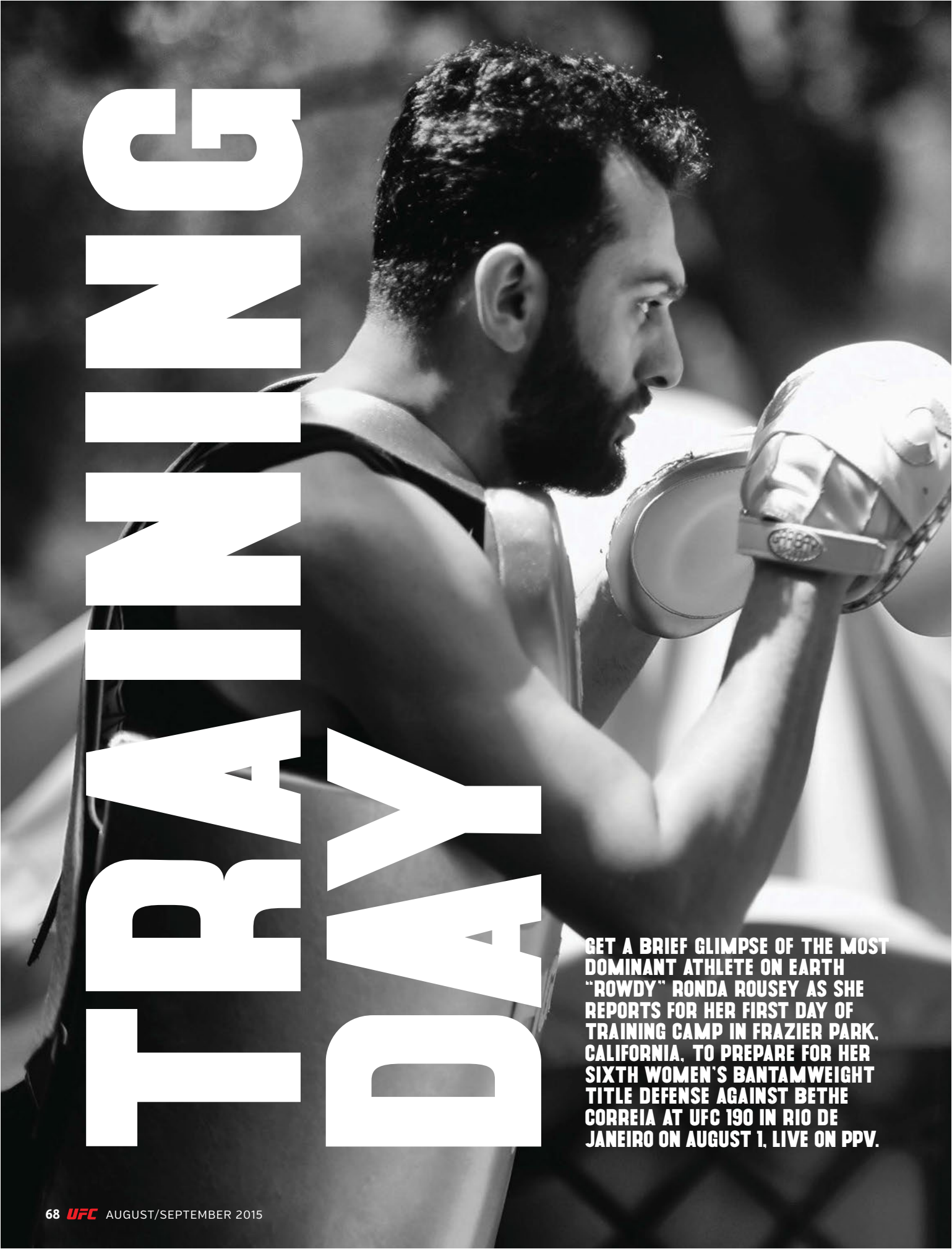
Condit's annihilation of Alves puts him directly in the title picture. When asked who he wants next, the 13-year veteran responds that, short of a title shot, he's only interested in "big fights." "The one that comes to mind is a rematch with Nick Diaz," said Condit. "Our fight was controversial, to say the least. I think a lot of people would be excited by that rematch. Diaz is a hard guy to fight. I would like that challenge again to get a chance to figure out that puzzle. What I wouldn't look forward to is all the crazy social-media stuff that goes along with it—but I would welcome it if I could get that fight. If they offered me a title shot, I would jump all over it. I want to be in the biggest fights possible."

Whether his next fight is for UFC gold or a five-rounder with another elite contender, a team of many will be responsible for making "The NBK's" devastating performances look, well, natural. But make no mistake, there is only one person responsible for Condit's incredible 93.3 percent finish rate. "There's a Miles Davis quote I sent Carlos on fight week," said Gibson. "'Anybody can play. The note is only 20 percent. The attitude of the motherf***er who plays it is 80 percent.' Carlos' attitude in everything he does shines in his art and his performance." O



ON THE HUNT

This fall Condit will stalk some prey outside the welterweight division. After his successful return to competition, the only thing on Condit's mind besides training for his next opponent is an elk hunt in southern New Mexico. "I started bowhunting a few years ago," said Condit. "I drew an elk tag this year, fortunately. It will be sometime in September. Maybe a 15-day hunt."



TRAINING DAY

GET A BRIEF GLIMPSE OF THE MOST DOMINANT ATHLETE ON EARTH "ROWDY" RONDA ROUSEY AS SHE REPORTS FOR HER FIRST DAY OF TRAINING CAMP IN FRAZIER PARK, CALIFORNIA, TO PREPARE FOR HER SIXTH WOMEN'S BANTAMWEIGHT TITLE DEFENSE AGAINST BETHE CORREIA AT UFC 190 IN RIO DE JANEIRO ON AUGUST 1, LIVE ON PPV.



PHOTOGRAPHY AND WORDS BY
HANS GUTKNECHT/LOS ANGELES DAILY NEWS



Rousey, getting her hands wrapped by head coach Edmond Tarverdyan, approaches each day of training with the same relentless dedication.



When Rousey and her team moved outside to begin training, coach Tarverdyan picked up the broom to sweep off the fallen leaves. Rousey, an undefeated UFC champion, grabbed the broom from him and said, “Sensei never sweeps,” and cleaned the deck.



Rousey works through a set of clapping push-ups with training partner and champion kickboxer Melsik “The Gun” Baghdasaryan.



Rousey works on her throws with wrestling coach and three-time Olympic freestyle wrestler Martin Berberyan as Baghdasaryan shadowboxes.



Rousey's focus never breaks, even as she watches her training partners during a brief moment of rest.



Rousey found the Glendale Fighting Club and coach Tarverdyan through her judo training partner Manny Gamburyan and has trained with Tarverdyan through her entire MMA career.

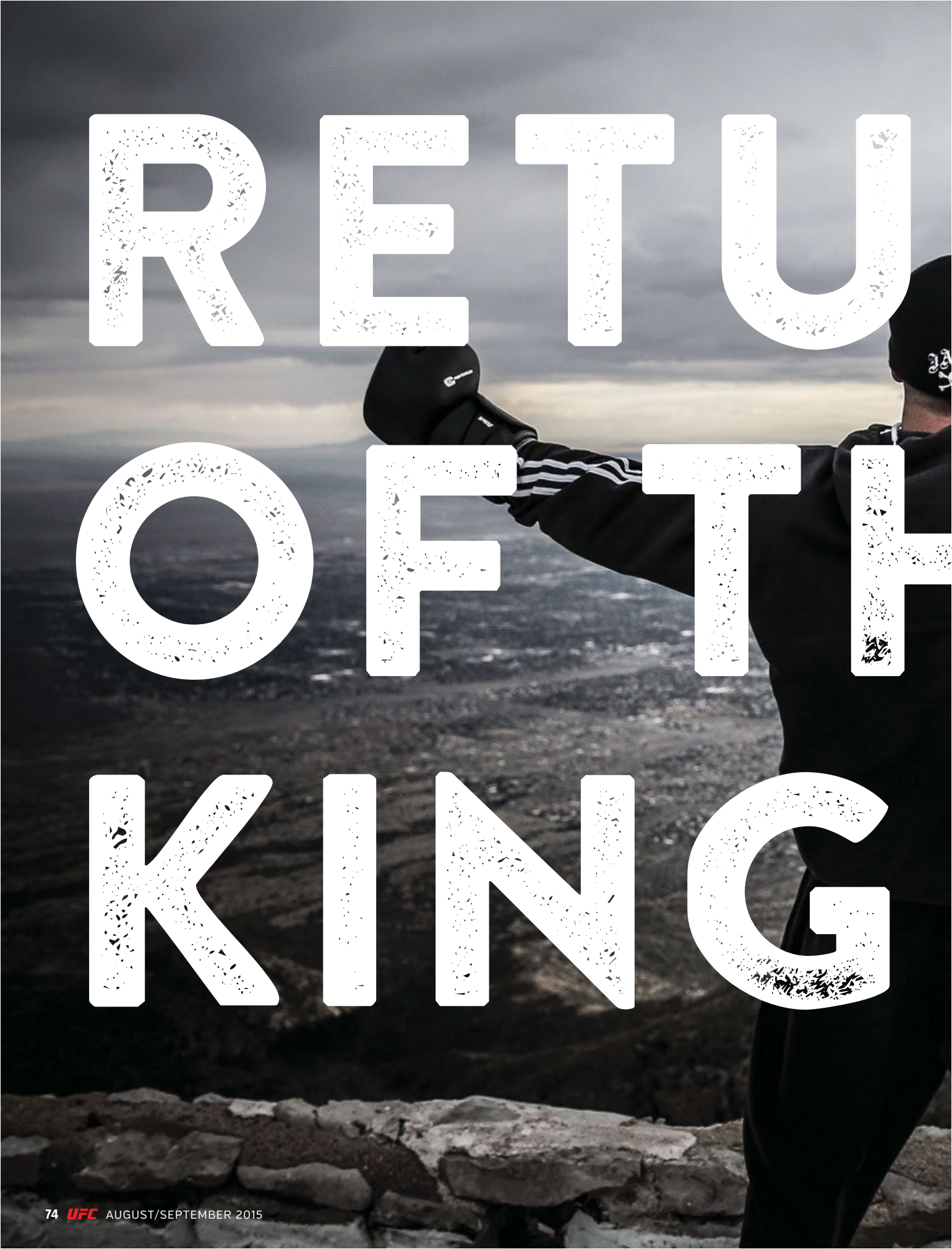


Rousey reviews video from the day's training with coach Tarverdyan.



The end of each day of training brings a genuine smile to Rousey's face, providing a stark contrast to the intensity that precedes it.

Pick up a copy of Ronda Rousey's official biography, *My Fight / Your Fight*, written by Rousey in conjunction with her sister and award-winning journalist Maria Burns Ortiz. For more information on the book go to www.rondarousey.net



RETU OF TH KING



RN HE

ANDREI ARLOVSKI MADE HIS DEBUT AT UFC 28 AND ONCE RULED THE HEAVYWEIGHT DIVISION. NOW 3–0 SINCE RETURNING TO THE OCTAGON, "THE PIT BULL" HAS HIS SIGHTS LOCKED ON THE BELT.

BY THOMAS GERBASI
PHOTOGRAPHY BY WILL FOX



AS

a renowned coach to several mixed martial arts stars, Mike Winkeljohn has earned a reputation not just for his technical prowess, but also for his habit of calling it like he sees it. When former UFC heavyweight champion Andrei Arlovski walked into the Jackson-Winkeljohn MMA gym in Albuquerque in 2011 on the heels of four consecutive losses—three by knockout—Winkeljohn made his concerns known to fellow coach Greg Jackson.

"I won't lie, I was a little worried about his chin," Winkeljohn recalled. "I'd heard about his chin and I would see him get hit. But Greg said, 'Let's just give him some time and see if we can develop him.'"

Arlovski had concerns of his own, none of which centered on his chin. The Minsk, Belarus, native wondered if he belonged in New Mexico after years of training in Chicago. He never believed that he had reached the end of his fighting rope. But he knew something had to change if he was going to get another shot in the UFC, where he won the heavyweight belt during a heady six-fight run in 2002–2005 in which he looked nearly unstoppable.

The trip to Albuquerque would be all business for Arlovski. No friendships, no attachments, just work. But that's not the way things work at Jackson's.

"He was standoffish to everybody at first, but I think he saw right away what we do at the gym, and what's important to us is helping others," Winkeljohn said. "Not just Greg and I, of course. We want that to be how everybody treats each other, because if you're willing to help others, then we all get better. If you're not willing to help others, we'd rather see you go. You're going to slow us down, and it's not part of what we do. And I think he found all these people wanting to help him for nothing. Then he started giving back."

And he started making friends. There were boundaries, though, especially when it came to being buddies with someone who shared his weight class.



"DEEP INSIDE, I KNEW I WAS NOT DONE."

"When I came to Greg Jackson's place in Albuquerque, I came to get better and learn something and become a great fighter one day again, or somebody was gonna whip my ass and I was gonna go back home," Arlovski said. "But I liked John Dodson, Carlos Condit and Cowboy, and we're not in the same weight category."

Travis Browne, a rising heavyweight star in the UFC, became friendly with his new teammate, who took him to the side and gave him a friendly warning.

"Before we started hanging out together I told him, 'Listen, I want to come back to the UFC one day, and we might fight.'"

Browne simply said "OK," and the two became fast friends—Arlovski even stayed in Browne's house when in Albuquerque. Everything was fine for the next three years until Arlovski and Browne, now both in the UFC, got the call to fight each other at UFC 187 in May of 2015. They knew this day would come, and both agreed to the bout. What followed in Las Vegas was perhaps the shortest match to earn the adjective "epic." In just four minutes and 41 seconds, the two friends fought like bitter enemies, with knockdowns, haymakers and heart all on display for a crowd that got louder with each blow landed.

When it was over, Arlovski had his hand raised after a TKO victory that earned both men Fight of the Night honors. It was the fifth win in a row for "The Pit Bull" and his third since returning to the UFC. The losing streak of 2011 was a distant memory, but after seeing his charge absorb 15 significant strikes from the 6-foot-7 Browne and still earn the victory, Winkeljohn smiled, knowing how far Arlovski had come since then.

"I think the fact that we didn't let him get hit hard in the gym and had him do less sparring and more drilling has played out," the coach said. "If his chin was bad at one time, it's definitely not bad anymore. He's back."



It's a little over a week after the biggest win Andrei Arlovski has had in the UFC since perhaps October of 2005, when he starched top contender Paul Buentello in 15 seconds. He's in Miami with his wife and, as he puts their son into a car seat, he's smooth-faced—a deal he has with his bride to shave once a week when he's not in training camp.

Tell him he's a good husband to do that and he laughs. It's not the Belarusian assassin many see Arlovski to be, and he's never pushed that image. But few see the fighter with the dry sense of humor, the family man or the friend who still feels the hurt from the fight with Browne.

"Of course I'm happy with my victory because I'm closer to a title shot, but overall it's a horrible feeling when you're fighting your friend," he said. "We still have a good relationship, but it bothers me inside. It was definitely painful from a physical point and an emotional point. I told Coach Wink that's the first and last time I would fight a friend."

You believe him too. Yet if one thing is clear, it's that this isn't the same fighter or man who took 15 seconds to successfully defend his title against Buentello. At that time, Arlovski looked to be past the erratic performances of his early days, and, frankly, he looked unstoppable, whether on the feet or the mat. He thought so too.

"In the beginning I believed that, yes, because I was so hungry for glory, for publicity and for money at that time," he said. "But after a while everybody started telling me, 'Arlovski, you're the best, you don't need to train.'"

So he didn't. And six months after the Buentello fight, he lost his belt to Tim Sylvia. Three months later Arlovski lost again to Sylvia, and though he won his next three UFC bouts, including a 2007 victory over Fabricio Werdum, when his contract was up, the two sides couldn't come to an agreement.

Arlovski was a free agent, and two knockouts over Ben Rothwell and Roy Nelson kicked off his time outside the UFC in style. Then came the four losses—knockouts at the hands of Fedor Emelianenko, Brett Rogers and Sergei Kharitonov and a decision to Antonio "Bigfoot" Silva. He had hit bottom, with people from all over telling him that, at 32, his career was over.

"If after a medical exam the doctor would say, "Enough, stop it," of course, I'm not stupid. I don't want to kill myself," he said. "Deep inside, I knew I was not done."

He needed someone to believe in him, though, and the transformation back into a world-class fighter wasn't going to happen overnight. It was also going to take plenty of work. Arlovski was ready for all of the above, buoyed by some words of advice from an unlikely ally.

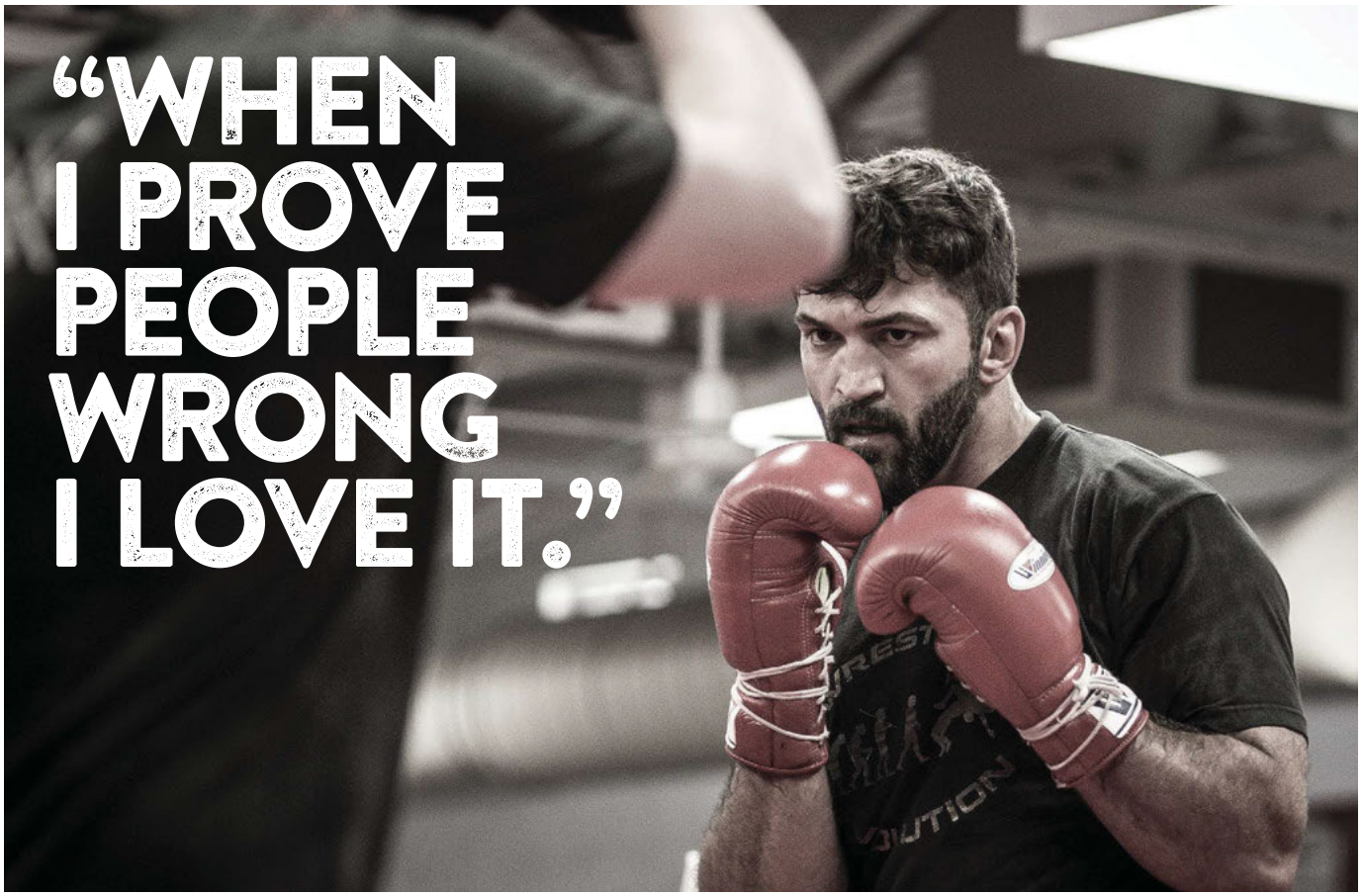
"I remember Mickey Rourke told me two things," Arlovski said, recalling a conversation with the actor. "He said, 'Everybody likes a comeback story' and 'I don't believe in luck; I believe in hard work.'"

Arlovski recalls this story when talking about his own comeback, but he doesn't hesitate to celebrate Rourke's as well.

"I was so happy for Mickey when he was nominated for an Academy Award for his movie *The Wrestler*. People forgot about him, and he came back on top."

The 36-year-old can relate to this story better than most. And while he's not completely back on top, he may be just one fight away, depending on who gets the next shot at the UFC heavyweight title, Arlovski or Stipe Miocic. Just making it this far has been a triumph, though. After the four-fight losing streak, he began the long road back, going 4–0 with one no contest before losing a three-round decision to Anthony Johnson in a 2013 fight in which he fought for two rounds with a broken jaw.

Once Arlovski healed up, two more wins earned him a return call to the UFC. His triumphant return against Brendan Schaub in June of 2014 was tempered by a dismal three-round bout in which many felt Schaub deserved the split nod. Arlovski doesn't mince words when it comes to his performance.



"I understand that the people, especially MMA fans, love exciting fights and that they want blood and action," he said. "So of course I need to adjust old Arlovski into new Arlovski. I have to work a lot on defense, and I need to be more accurate. But I understand why Dana White threw a lot of criticism at the Brendan Schaub fight. It was a horrible fight, and it was boring."

It was not the end of the journey, though. As soon as Arlovski blasted out "Bigfoot" Silva in a single round in their September 2014 rematch all was forgiven, with the Browne win just adding to the total number of fans—old and new— jumping on the Arlovski bandwagon.

"When I prove people wrong I love it," he said. "It's the best feeling. I took a lesson from those losses and from my lifestyle 10 years ago, and everything happens for a reason. I feel like I have that fire in my eyes. I have great trainers, great teammates and great people in my camp."

Yet despite Arlovski's tendency to deflect all praise elsewhere, everything begins with the man in the mirror, and once he decided to make another run at the UFC and the heavyweight title, he had to realize that he couldn't get away with what once worked before. The workouts now begin at 6 a.m. in Albuquerque, an ungodly hour for Arlovski. And once the Browne fight was over, he watched it countless times—not to celebrate his handiwork, but to critique it.

"I watched the fight many times to see what I did wrong and how Travis clipped me," Arlovski said, referring to the flash knockdown he suffered just before rising and finished his opponent. "Because in the heavyweight division, especially from my experience, I might be winning the fight and with one punch be taken down. You cannot get so excited and forget defense and just jump. I have to do some homework and be better for the next fight."

He laughs.

"I'm a perfectionist too. For example, I don't like a mess in the house. I like to put everything in the right places so I can remember where they are. But my coach in Chicago, Dino Costeas, said, 'Discipline is remembering what you want.' Maybe I'm more disciplined than a perfectionist."

Either strategy should bode well for this most unlikely of heavyweight championship runs, one that Arlovski would like to see end up with another title belt. But even if it doesn't, he's certainly enjoying this second ride through the UFC.

"I still have a lot of work to do, and I hope I'm not done yet," he said. "I still have a few more years to fight, but I'm a happy man right now."

Then it's one more nod to Mr. Rourke.

"Everybody likes a comeback story." O

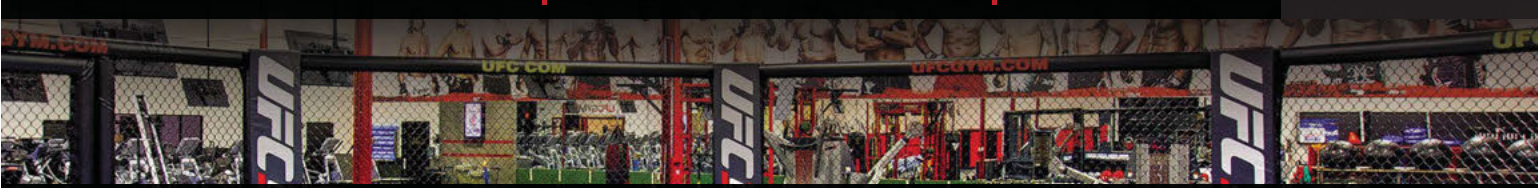
THE KNOCKDOWN

Moving in to finish off Travis Browne, Arlovski ate a right hand from "Hapa" that dropped him to the mat. Given Arlovski's past knockout losses, fans feared the worst, but his coach Mike Winkeljohn knew everything was under control. "He got hit, but what people don't understand is that he was throwing his own big left hook and his body was rotating to the right. He got clipped because Travis got down the middle on him and so he kept rotating," said Winkeljohn. "Sometimes people get hit, and they get that little flash. It happens to everybody–where they're off balance. I really wasn't worried at the moment when he got hit." Arlovski got up and finished Browne moments later. He got the win, a Fight of the Night bonus and Wink's seal of approval. "Ninety-five percent of the things he did in that fight were great, and that's what makes him a really scary man."



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UFC

TRAINING GUIDE

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SHANEL BLACKMAN, UFC GYM LONG ISLAND BY CHRIS RAZOYK



TRAIN LIKE A MODERN-DAY SPARTAN

We teamed up with **Spartan Race** and three active members of the **U.S. Army** to devise a training program that will get you in shape to take down the Fort Bragg Sprint or any Spartan Race on your list

By **MICHAEL BERG, NSCA-CPT**
Photography by **CHRIS BERMUDO AND SAM ROBLES**

On September 19, Fort Bragg, North Carolina, will host the Spartan Race Fort Bragg Sprint, a three- to five-mile obstacle race across one of America's most storied military bases. Signing up for a Spartan Race, whether it's a short Sprint, an eight-mile Super course or a 12-mile Beast, you have to prepare to run varied terrain, negotiate multiple obstacles and hoist the odd heavy, unwieldy object.

"The races are designed at a variety of difficulty levels and distances, allowing for beginners and advanced athletes to participate," says Joe "Di" DiStefano, fitness and training director at Spartan Race (Spartan.com) and project manager of the Spartan Coaching program. If you want to take up the gauntlet and enter a race, Di designed the following program for *UFC: The Official Magazine* readers to get ready.

You can complete the prep in four to six weeks, the minimum time Di recommends for anyone to prepare for their initial race, and improve a number of critical areas where most first-time Spartan racers often fall short, including muscular endurance (both concentric and eccentric contractions of the muscle) and isometric strength.

"When people train in the gym, so much of what they do is focused only on concentric contractions—lifting dumbbells and barbells," Di says. "You don't see a lot of programs these days that focus as much on the eccentric action, which is extending a muscle under control, or isometric contractions, which is holding a muscle in place against resistance." You'll do plenty of both on race day as you run downhill, descend obstacles like ropes or walls or simply hold on for dear life.

Di admits there's nothing inherently wrong with barbells and dumbbells, but if that's all you use, your body will adapt specifically to that stimulus. "If you're gripping a thick rope or a sandbag or a two-by-four, that's more like moving a couch into your apartment, carrying your kid or bringing groceries up the stairs. It shows barbells aren't providing all the stimulus we need and that we'd better mix up our training. That's the heart of the Spartan mission."

To illustrate the workout, we turned to three U.S. Army Special Forces soldiers who you will see on the course at the Fort Bragg Sprint: Brigade Command Sergeant Major Eric Schmitz, First Sergeant Keith Polidoro and Lieutenant Colonel Shannon Whiteman.

YOUR WORKOUT WARM-UP

USE THIS GENERAL WARM-UP SEQUENCE BEFORE EVERY TRAINING SESSION:

CIRCUIT 1: Do each movement for 30 seconds: Jog, Backward Jog, Power Skip, Backward Power Skip, Lateral Skip

CIRCUIT 2: Do each movement for 30 seconds: Neck Circles, Lateral Arm Circles, Overhead Circles, Hands-On-Hips Circles, Knee Circles (hands on knees), Ankle Circles (stand on one foot, circle with the other)

CIRCUIT 3: Do five rounds of three reps each at 100 percent effort, resting up to two minutes after each round: Broad Jump, Clapping Push-Up

"GET SPARTAN READY" TRAINING PLAN

This workout—designed by Joe DiStefano, fitness and training director at Spartan Race—is designed to ready you in four to six weeks if you're entering a Spartan Race for the first time or prepping for your next one. It can also serve as a general conditioning program if you want to whip yourself into shape.

WORKOUT NO. 1 (MONDAY)

Complete the prescribed number of rounds in each circuit before moving to the next.

CIRCUIT 1: Do three rounds and rest two minutes after each, choosing a challenging resistance during all weighted exercises.

EXERCISE	INSTRUCTION
Kettlebell Deadlift	4 to 8 reps, up to 90% of your 1RM
Towel-Grip Pull-Up	4 to 6 reps
Side Plank	60 seconds per side

CIRCUIT 2: Do three rounds and rest about one minute after each.

EXERCISE	INSTRUCTION
Two-Kettlebell Elevated Rear-Foot Split Squat	6 reps per leg
Handstand Iso-Hold	60 seconds

CIRCUIT 3: Do one round.

EXERCISE	INSTRUCTION
Kettlebell Get-Up	3 reps per side
Kettlebell Suitcase Carry	50 feet per arm

CIRCUIT 4: Maintain continuous movement.
Using a treadmill or (preferably) running outdoors, run for 30 seconds at 95 percent intensity followed by two minutes at 50 percent intensity. Repeat that sequence four more times.

WORKOUT NO. 2 (WEDNESDAY A.M.)

In the morning, do a 40-minute trail run, going as far as you can during the allotted time, intermittently carrying heavy rocks and logs. Finish the run with two rounds of this cool-down circuit.

EXERCISE	INSTRUCTION
Upward Dog to Shoulder Shrug	5 reps
Spider Push-Up	5 reps per leg
Walking Lunge	50 feet
Backward Walking Lunge	50 feet
Bear Crawl	50 feet
Backward Bear Crawl	50 feet

WORKOUT NO. 3 (WEDNESDAY P.M.)

Do two rounds of the following circuit using up to 85 percent of your one-rep max on the weighted exercises.

EXERCISE	INSTRUCTION
Pull-Up	To failure
Kettlebell Overhead Carry	50 feet per arm
Kettlebell Rack Carry	50 feet per arm

WORKOUT NO. 4 (FRIDAY)

This workout can be done anytime during the day. It involves two circuits, the latter serving as a cool-down.

CIRCUIT 1: Do three rounds, resting three minutes in between each.

EXERCISE	INSTRUCTION
Heavy Kettlebell Swing	5 reps
Dumbbell Manmaker	10 reps
Dumbbell Step-Up	20 reps
Suspension Row	25 reps
Burpees	30 reps
Dumbbell or Kettlebell Row	40 reps

CIRCUIT 2: Complete three rounds at a steady 70 percent effort.

EXERCISE	INSTRUCTION
Kettlebell Get-Up	5 reps per side
Back-Extension Iso-Hold	60 seconds

WORKOUT NO. 5 (WEEKEND DAY)

Go for a 90-minute trail run, intermittently carrying heavy rocks and logs. After the run, do 30 minutes of crawling, carrying and miscellaneous climbing.

KETTLEBELL DEADLIFT

Grasp a kettlebell in each hand with your arms at your sides. With your chest out, back flat and eyes focused forward, squat down by bending your knees and shifting your hips back, lowering the weights toward the floor. Once they touch down, reverse the motion, extending your hips and knees as you bring the kettlebells up along your body to a standing position.

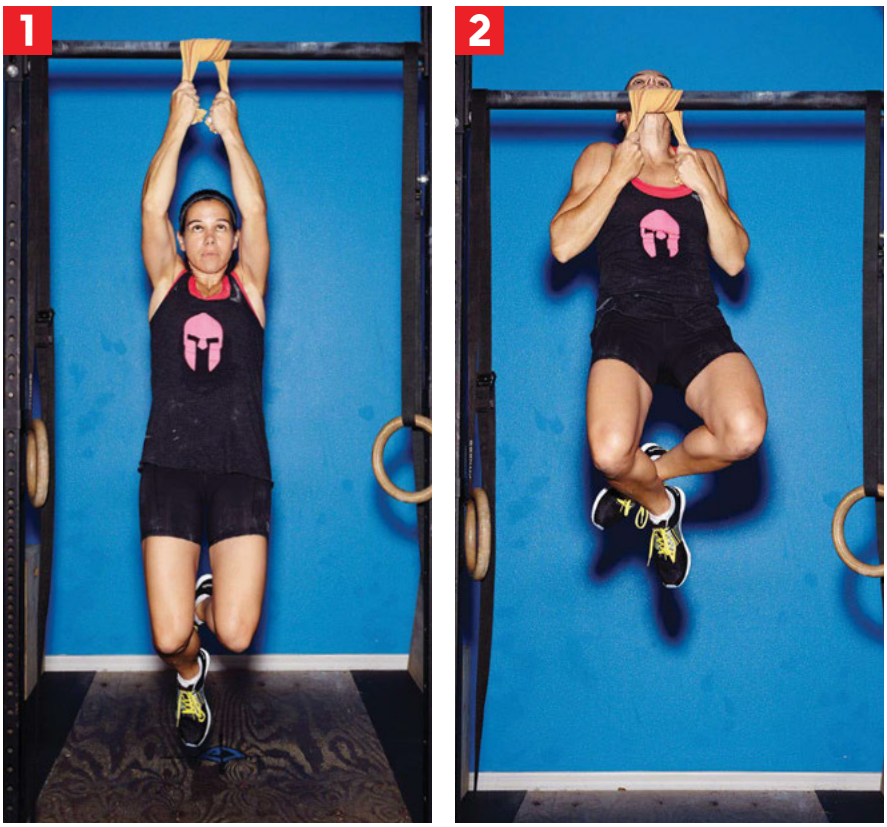
SIDE PLANK

Get into a side-plank position, balancing your body on one forearm and same-side foot, with your body in a straight line from head to feet. Hold yourself in that position by tensing your core to keep your hips from collapsing to the floor for 60 seconds, then switch sides.

KETTLEBELL SUITCASE CARRY

Hold a heavy kettlebell in one hand at your side (as if you are carrying a suitcase). Walk the floor for 50 feet, then switch the weight to your other hand and walk back. For an additional challenge, thread a towel through the handle and hold onto that instead.

TOWEL-GRIP PULL-UP



Drape a towel over a fixed overhead bar. Grasp an end in each hand and allow yourself to hang freely, your knees bent and ankles crossed behind you. Contract your lats to raise your body upward as high as you can, and then lower yourself slowly under control to the elbows-extended position.

TWO-KETTLEBELL ELEVATED REAR-FOOT SPLIT SQUAT

Holding a kettlebell in each hand, step forward with one foot and rest your rear foot behind you on a bench, topside down. Bend your front leg to lower yourself, making sure that your knee doesn't track out ahead of your toes. (If it does, take a longer step out from the bench.) When your knee joint reaches 90 degrees, reverse the motion, engaging the glutes and quads while driving through the heel of your forward foot to return to the start. Do six reps, then switch legs.



HANDSTAND ISO-HOLD

Grasp a kettlebell in each hand with arms at your sides. With your chest out, back flat and eyes focused forward, squat down by bending your knees and shifting your hips back, lowering the weights toward the floor. Once they touch down, reverse the motion, extending your hips and knees as you bring the kettlebells up along your body to a standing position.

UPWARD DOG TO SHOULDER SHRUG

Get into a side-plank position, balancing your body on one forearm and the same-side foot, with your body in a straight line from head to feet. Hold yourself in that position for 60 seconds by tensing your core to keep your hips from collapsing to the floor, then switch sides.

KETTLEBELL GET-UP



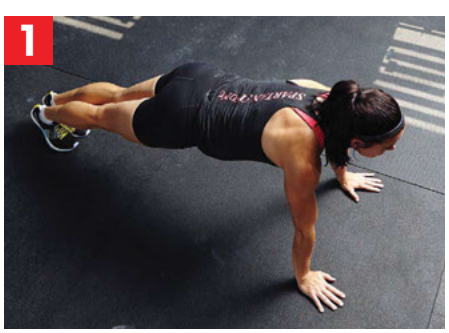


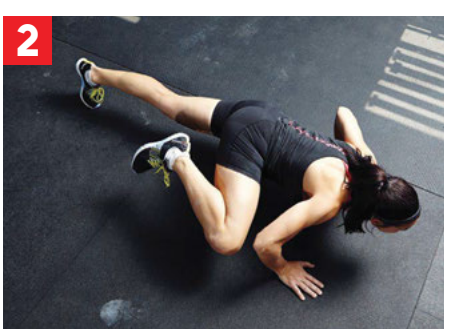


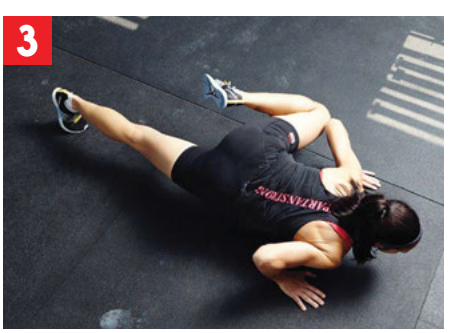


Lie on the floor with your legs extended and press a single kettlebell to full elbow lockout with your right arm. Bend your right knee and slide your right foot toward your right hip. Using your left hand and right foot as a support, "roll" toward your left side until your torso is upright. From here, lift your hips off the floor by supporting yourself on your left hand and right foot. While your hips are elevated, slide your left knee underneath your body and straighten up. You should be in the bottom of a lunge position while holding the kettlebell in your right arm fully extended overhead. From here, stand up. To return to the start, reverse the steps until you are flat on the floor. After three to five reps, switch the weight to your left hand to repeat the sequence.

SPIDER PUSH-UP







Start in the standard push-up position. As you lower yourself down toward the floor, lift your right foot off the floor and bend it, bringing your knee up to touch that same-side elbow. Bring the knee back to planted position as you raise yourself. You can either do the same leg five times in a row before switching or alternate sides for 10 total reps.

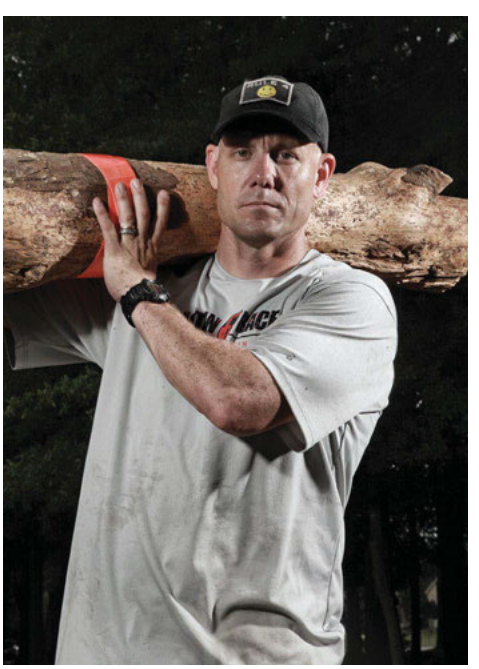
BRAGG-ING RIGHTS: ERIC SCHMITZ

"I've always been interested in testing myself both physically and mentally," says 42-year-old Eric Schmitz when asked what initially drew him to the Spartan Race circuit.

Of course, that's saying something when you're a Brigade Command Sergeant Major with 22 years of U.S. Army service under your belt. Currently stationed at Fort Bragg, North Carolina, the upcoming Fort Bragg Sprint on September 19 was a no-brainer, considering it's on his home turf. It'll be his 17th Spartan Race in the past four years.

But in addition to the physical and mental challenges they present, Schmitz–who originally hails from Grants Pass, Oregon–has come to love another aspect of the Spartan experience. "I continue to run Spartan Races because of the people on the course," he explains. "I usually only run one Spartan Race a year for an actual time. The other two to four I'll run just to have fun, help people on the course and be around like-minded people."

His training regimen for races, born of his military background, is a mileage-intensive, six-day-per-week gauntlet that would test the mettle of even an experienced Spartan athlete. "I train to compete in multiple types of events as well as the Spartan Race series," the married father of three says. "I now focus mostly on functional fitness to assist with my events as well as my missions in the Army."





TRAINING WEEK: ERIC SCHMITZ

DAY	ACTIVITY
MONDAY	Eight- to 10-mile run.
TUESDAY	60- to 90-minute circuit wearing a 35-pound backpack. Exercises that could be included: sledgehammer, log lifts, 200-pound tire sled drags, burpees, backward and forward rolls, squats and overhead presses with a 40-pound sandbag, flutter kicks holding the backpack overhead, sandbag crossovers*, one-arm squat rows with either a 20- or 40-pound sandbag. Finish with a three- to five-mile run wearing the weighted pack.
WEDNESDAY	Heavy run wearing the 35-pound backpack and carrying either a sandbag or a 35-pound log. Start with a half-mile to a mile-and-a-half run to the stadium, then stair laps (200 meters up and down), then to the track. Walk 100 meters, sprint 100 meters, then walk 100 meters with sandbag or log overhead. Then back to stadium steps, repeating the sequence for two to three miles, followed by a half-mile cool-down jog.
THURSDAY	Five- to eight-mile trail run with either the weighted backpack, sandbag or log, or an eight- to 12-mile run with no additional weight.
FRIDAY	Eight-mile ruck march with 50- to 70-pound backpack, sometimes on a trail.
SATURDAY	10- to 20-mile ruck march with 70- to 100-pound backpack (mileage dependent on whatever event is coming up).
SUNDAY	Rest day.

**Stand with arms extended out to the sides holding a 20-pound sandbag in one hand. Bring your hands together in front of your chest and move the sandbag to the other hand. Extend your arms out to sides. Return the sandbag to the original hand in the same fashion to complete the rep.*

***NOTE:** After most of his workouts, Schmitz also does an hour of PT (physical training) with soldiers at Fort Bragg.*

WALKING LUNGE AND BACKWARD WALKING LUNGE

Holding dumbbells in each hand, step forward with one foot. Bend both knees to lower your torso toward the floor, making sure your front knee doesn't pass your toes at the bottommost position. Stop just short of your rear knee touching the floor, then drive through the heel of your front foot while bringing your rear leg forward until you reach a standing position. Then step with the opposite leg into a lunge, repeating the pattern. Continue alternating down the floor for 50 feet, then reverse course, stepping backward into lunge position down the floor to return to your starting spot.

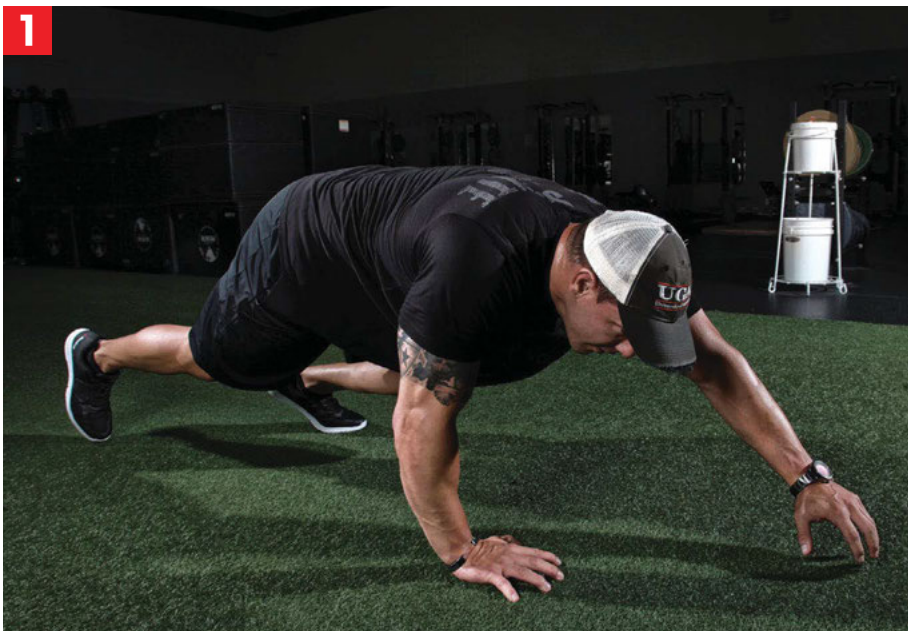
KETTLEBELL OVERHEAD CARRY



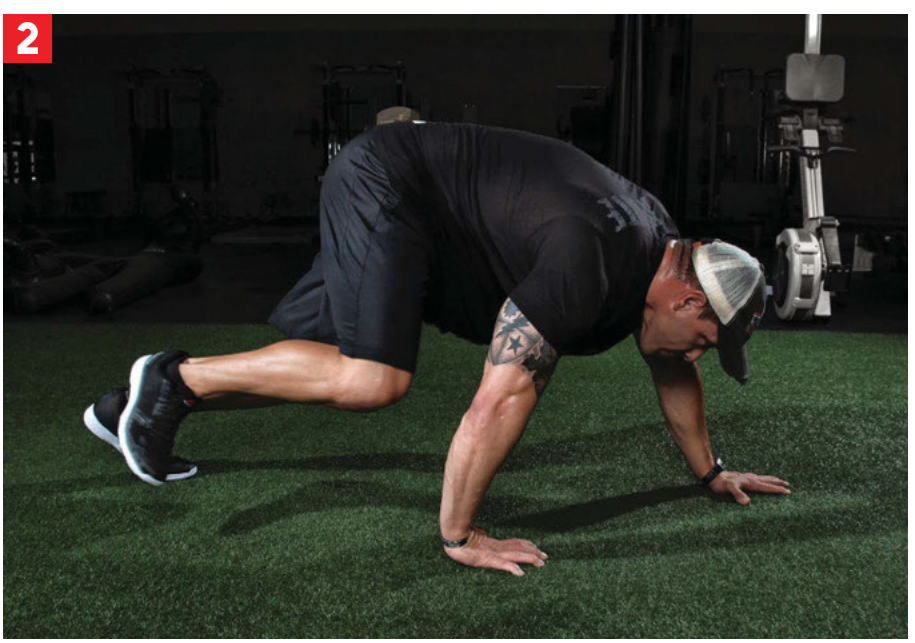
Lift one kettlebell directly overhead, elbow straight and the weight against the back of your forearm in what's called the "waiter's carry" position. Now simply walk forward while continuing to hold the kettlebell overhead. After 50 feet, switch the weight to your left arm and repeat.

BEAR CRAWL AND BACKWARD BEAR CRAWL

1



2



Get down on all fours in a "tabletop" position, hands under shoulders and knees under hips. Crawl forward on the floor by moving your right hand and left foot forward, keeping your knees an inch or so off the floor the whole time while up on your toes. Then quickly follow suit with the left hand and right foot, all the while keeping your core tight and spine in alignment from head to tailbone. Crawl 50 feet forward, then reverse to return to the starting point.

KETTLEBELL RACK CARRY

This is similar to the overhead carry, except you'll clean one kettlebell up to the "rack" position–elbow bent and the kettlebell at shoulder level, palm facing in with the weight again resting on the top of your forearm. Walk 50 feet, then switch arms.

HEAVY KETTLEBELL SWING

Stand with your feet just outside shoulder-width, holding a kettlebell by its handle with both hands in front of your hips. From here, squat down to lower the kettlebell down between your legs, then swing it up and out in front of you as you straighten your legs and shift your hips slightly forward to help drive it up. At the top, your arms will be outstretched in front of you and the kettlebell will be about shoulder height. In one continuous motion, allow the weight to come back down to the start position as you bend your knees to position yourself for the next rep.





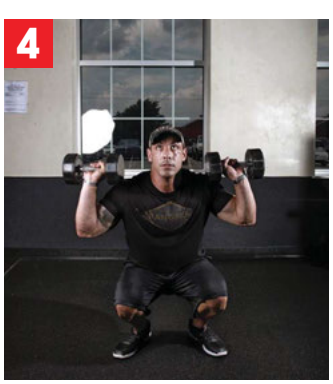
DUMBBELL MANMAKER

Stand holding a pair of dumbbells (preferably hexagon shaped) at your sides. Holding those dumbbells throughout, you'll do a series of movements. First, squat down, bend forward at the hips and place the weights on the floor. Kick your feet out behind you, do a push-up, then one renegade row with each arm. Pull your feet back in underneath you, then perform a squat clean. At the top of the clean, press the dumbbells overhead to full extension, then bring the dumbbells back to your sides. That's one rep. Repeat the sequence nine more times.

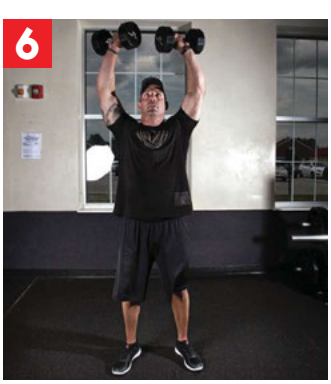












DUMBBELL STEP-UP

Hold a dumbbell in each hand in front of a knee- to hip-high step, bench or platform. Starting with your feet in a comfortable shoulder-width stance, step forward with one leg onto the step and drive through that thigh to propel your body upward. Bring the trailing leg to the top of the step and stand atop it, then step back with the opposite leg to the floor and lower yourself. Repeat for 20 reps, then switch legs.



RANGER READY: KEITH POLIDORO

"Our goal is to train harder than the enemy. Honestly, we don't have a choice. We have to stay undefeated in our line of work or we don't come home." That's Army First Sergeant Keith Polidoro, pulling no punches as to the reason why he trains like his life is on the line. It is, along with those of his brothers in arms, in the field of battle.

The Fort Bragg Sprint will be his first Spartan Race and a home game for Polidoro, who is currently assigned to special operations at Fort Bragg. Training for the event has not differed too much from the work he does to stay in pinpoint Army condition. "In what I do, no one cares how much you bench or how much you squat," Polidoro says. "What matters is if you can carry your buddy to safety or if you can simply continue on to finish the job at hand. The Spartan is the same way," he adds. "Even though it is an individual event, it's a team effort. You'll never go out on the course and see someone struggling without someone else there trying to help."



TRAINING WEEK: KEITH POLIDORO

DAY	ACTIVITY
MONDAY	"Murphy" consisting of a one-mile run, 100 pull-ups, 200 push-ups, 300 bodyweight squats and another one-mile run, all timed. (Do as many reps as you can in each set to hit the overall totals listed.)
TUESDAY	Six- to nine-mile road march carrying 50 pounds, followed by five sets of planks for one minute each.
WEDNESDAY	10 pull-ups, 30 burpees, 10 pull-ups, one-mile run, two-minute rest, then repeat for three to four rounds total.
THURSDAY	Seven to 10 rounds of 25 push-ups, 10 tire flips, 15 hammer swings per arm, a 200-meter run holding a 135 barbell across the back, and battle ropes for three sets (30, 45 and 60 seconds).
FRIDAY	Four- to five-mile run carrying "Fred," his 35-pound orange rock.
SATURDAY	Full-body circuit using resistance bands, followed by sprints
SUNDAY	Rest.

NOTES: *These workouts are completed in the morning. He also does a weight-training session at lunch or in the early afternoon Monday through Friday. Every morning and afternoon workout begins with 10 minutes of plyometrics and dynamic and static stretches.*

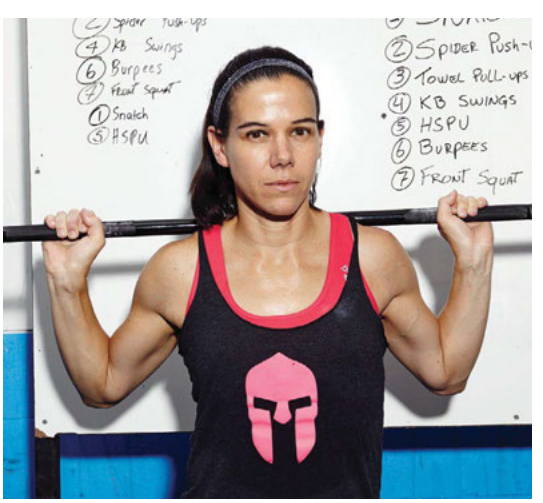
CROSSING OFF CHALLENGES: SHANNON WHITEMAN

Army Lieutenant Colonel Shannon Whiteman's not-so-secret weapon to ready herself for Spartan Races came almost by chance. "Two years ago my husband, Mark, was deployed to Jordan for six months," she recalls. "I had always relied on long-distance running to be my stress reliever. However, as a full-time working mom (she and Mark have three children), I didn't have the time to log the hours I used to, so a few of my friends introduced me to CrossFit."

That changed everything for Whiteman, who currently serves as an operations research and systems analyst at a joint headquarters in Tampa, Florida, the latest stop in a medical-services-focused military career that has taken her across the U.S. and to Baghdad as part of Operation Iraqi Freedom in 2005. "Within three months I started noticing some pretty amazing changes and scored a perfect score on my Army Physical Fitness Test for the first time since having children," the 39-year-old New Jersey native says.

When Mark returned Stateside, they joined a group from Tampa headquarters to run the Special Operations Spartan Sprint in Tampa in 2014. "Mark and I had a great time, as the whole team stayed together through the race and helped one another through the obstacles," she recalls.

As she preps for the Fort Bragg race in September, Whiteman's workouts–designed by her coach Josh Martin, owner of CrossFit for Glory in Lithia, Florida–are constantly altered to keep her body off balance and responding. "I train for about an hour to 90 minutes a day five days a week and lift heavy. My children tell me I'm a much 'funner' mom than I used to be," she adds. "I'm not sure I need a better reason to keep doing what I'm doing."







TRAINING WEEK: SHANNON WHITEMAN

Whiteman's workouts change weekly, incorporating Olympic lifts, cardio and gymnastics training. Here's an example of what a week might look like:

DAY	ACTIVITY
MONDAY	Back squat: one set of 20 reps with 170 pounds, rest two minutes Front squat: one set with 170 pounds to failure 100 burpees with a 45-pound plate Rest one to two minutes Upside-down hold for two minutes, rest two minutes 50 pistols, alternating
TUESDAY	EMOM for 16 minutes (every minute on the minute): Odd minutes: three muscle-up turnovers Even minutes: three ring dips (strict) 100 pull-ups for time
WEDNESDAY	20-minute circuit: snatch high pull, snatch first pull with three-second hold, snatch, overhead squat (pyramiding weight up each set) 21-15-9 reps overhead squat (75 pounds) and handstand push-ups (i.e., do 21 reps each of each exercise, then 15 reps, then nine reps on the last go-round)
THURSDAY	20-minute circuit: clean high pull, clean first pull with three-second hold, clean, split jerk (pyramiding weight up each set) Workout: run 400 meters, 30 wall balls (to 10-foot target), 10 hang cleans with 125 pounds (full squat), 30 wall balls, run 400 meters
FRIDAY	EMOM for 20 minutes: Odd minutes: four strict handstand push-ups Even minutes: four glute ham raises 21-15-9 reps overhead squat (75 pounds) and handstand push-ups (i.e., do 21 reps each of each exercise, then 15 reps, then nine reps on the last go-round) 21-15-9 reps toes to bar and bounding box jumps

DUMBBELL OR KETTLEBELL ROW





Standing with your feet together and knees slightly bent, grasp a dumbbell or kettlebell in one hand. Lean forward at your hips until your torso is roughly parallel with the floor. The weight should hang straight down from your shoulder. Without raising your upper body, pull the kettlebell toward your abdomen, bringing your elbow high and above the level of your back. Hold the peak-contracted position for a second, then slowly lower along the same path. Repeat on the other side.

SUSPENSION ROW

This move can be done with a barbell set in a power rack, with a Smith machine bar racked about waist high or a TRX Suspension Trainer. If with a bar, start faceup under it at a point where it lines up to your middle chest, using an overhand grip just outside shoulder width, arms extended and your upper body elevated. You should be in a plank position, torso and legs aligned and only your heels in contact with the floor. Contract your lats and bend your elbows to pull your chest up to the bar, hold yourself there for a second, then extend your elbows to return to the start.

BACK-EXTENSION ISO-HOLD

Get into a back-extension bench. Gyms generally have one of two types: the kind in which your body is parallel to the floor or the type that puts you at a 45-degree angle to the floor in the top position. In either case, assume a plank, holding your body straight against the pull of gravity for 60 seconds.



SPARTAN UP

Enter the Fort Bragg Sprint or find a race coming up in your area at spartan.com.

Training x Technique
Ricky Lundell Workout

THE BACK-TO-BASICS UFC FITNESS CHALLENGE

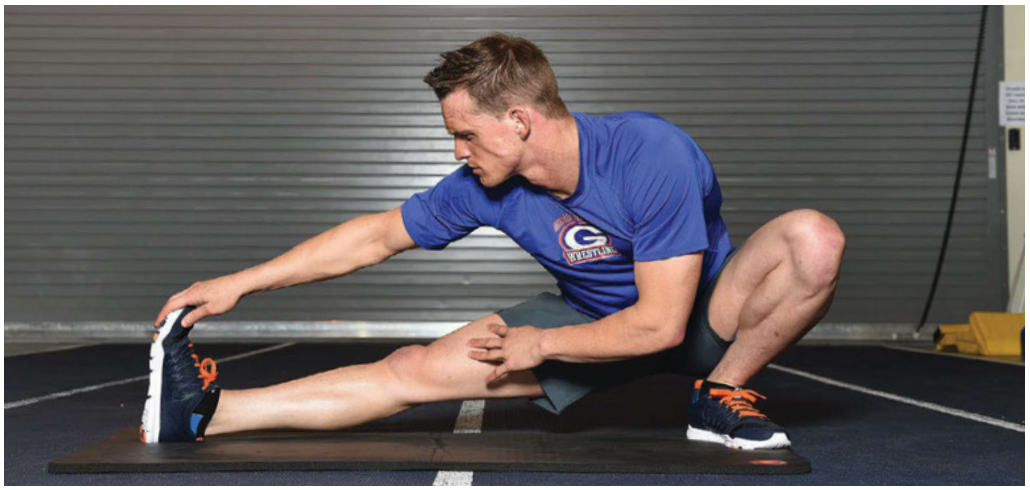
Want to be as fit as a UFC champ? Get there with minimal equipment–just your body, a jump rope, an open road and relentless willpower–with trainer **Ricky Lundell**'s nine-week training-camp-style regimen.

By MICHAEL BERG, NSCA-CPT
Program by PROGRAM BY RICKY LUNDELL
Photography by JAMES LAW



Fight fans watching a pair of UFC athletes compete in the Octagon on Pay-Per-View see the flashy part of the fight game. Stepping into the Octagon for 15 or 25 minutes is the reward for the blistering, lonely hours spent logging miles on the road or dutifully pumping out push-ups and sit-ups and jumping rope in some forgotten corner of the gym in preparation for the fight. Yet that rote, repetitive conditioning fuels every highlight-reel moment in the sport.

Former UFC light heavyweight champion Forrest Griffin used to say, "The squeeze is worth the juice." And the "squeeze"—in this case, the conditioning—is achievable on some level by virtue of its simplicity. Really, anyone with a will to persevere can achieve mind-blowing levels of endurance and fitness. Indeed, you can follow in the footsteps of MMA greats on your way to your best body ever, thanks to the exclusive nine-week conditioning plan presented here.









Performing a dynamic warm-up is a key element in injury prevention.

BIGGER, FASTER, STRONGER

DESIGNED BY RICKY LUNDELL, THIS REGIMEN "WILL MAKE YOU STRONG TO THE CORE AND GIVE YOU THE FUNDAMENTAL POWER THAT THE BEST MMA FIGHTERS UNDERSTAND HOW TO ACHIEVE," HE PROMISES.

Lundell knows exactly what he's talking about. He started training BJJ at six years old and at 19 was the youngest-ever American to earn a BJJ black belt. He was also Team USA's youngest representative to win gold as a member of the contingent that took consecutive world team titles. At 24, Lundell became the smallest competitor ever to be crowned the King of Pankration, submitting a former world champion with a 115-pound weight advantage. (In all he has won the Pankration world championship three times, from 2008 to 2010.)

The 29-year-old has trained numerous MMA titleholders thus far in his career, including two-time UFC heavyweight champ Frank Mir, former UFC light heavyweight champ Forrest Griffin, former UFC lightweight champ Sean Sherk and former interim UFC champ Carlos Condit. He has also served coaching stints on seasons 17 and 18 of *The Ultimate Fighter* for former UFC light heavyweight champion Jon Jones and former Strikeforce champ Miesha Tate, respectively.

In this program Lundell focuses on an aspect of MMA often overlooked by even the best MMA strength and conditioning coaches. "You need proportional development in all areas of fitness," says Lundell. Those areas include cardiovascular and respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance and accuracy.

"These 10 elements are what make up the greatest mixed martial artists of all time," Lundell explains. "You need to properly train all elements while increasing the fundamental conditioning required for battle. Miss just one of these aspects and you'll be vulnerable against an opponent."

Ricky Lundell Workout

A lack of equilibrium among those traits–for instance, strength without flexibility–can lead directly to trouble. "Most MMA injuries occur because fighters are not balanced in their conditioning and not all of their muscles fire properly," he says. "This can cause pulls, tears, joint issues and even phantom pain that a doctor can't diagnose."

The nine-week program directly addresses endurance, stamina, strength and power, underpinning other efforts in flexibility, agility and fight-specific skill improvement. If you don't ever plan to don the gloves, no matter–the program can be done on its own if your goal is simply to ramp up your fitness levels while losing that extra layer of fat around your middle.

UNLIMITED ENERGY

The human body is propelled by three main energy systems, all of which are tapped during an MMA bout: The phosphagen system fires for short bursts, including exercises in the one- to five-rep range; next, the glycolytic system kicks in, sustaining activities that last from 15 seconds to three minutes; and, finally, the oxidative system allows you to go beyond three minutes out to your physical limits, whatever those may be.

"As a head coach for UFC champions, I not only study our opponents' technical and tactical games, but I also look to capitalize on poor training in finding energy-system weaknesses," Lundell says. "We can plan for where we can push our opponents' bodies to fail."

Meanwhile, Lundell's athletes are prepared to maximize all three systems. "Most MMA practitioners have mistakenly gotten away from two of the most important conditioning elements: running and swimming," he contends. "It's easy to understand why: They're difficult to maintain. For instance, enhancing your oxidative energy system takes a lot of ongoing effort, but you'll need it once you've passed the three-minute mark of your fight."

That's why, through the entirety of this program, you'll start with a run. "Then you'll move on to push-ups, sit-ups, pull-ups and burpees done superset-style, one after the other," he says. "And if you can, you'll finish with swimming, taxing your body and your energy systems."

Over the course of nine weeks, you'll progressively grow stronger, with more and more energy in reserve. You'll notice the difference, especially as you round the corner from weeks two and three to week four and beyond. "This program has been proven to develop the conditioning fundamentals required to build champions," Lundell says. "It will help push you past your own sticking points and without a doubt make you a better, stronger and fitter athlete, no matter what endeavor you pursue."

WEEK 1

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Wed./Fri.	Jump Rope (warm-up)	2 sets, 1 minute each
	Running	2 miles, 8:30 pace
	Push-Ups	4 sets of 15 reps
	Sit-Ups	4 sets of 20 reps
	Pull-Ups	3 sets of 3 reps
	Burpees*	4 sets of 5 reps

NOTE: If you have access to a pool or body of water, swim continuously for 15 minutes four days this week; it can be included as a part of the above workout or tackled separately.

*For all burpees in this program, be sure to jump at the end as you stand up from the squat position.



JUMP ROPE

WEEK 2

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Wed./Fri.	Jump Rope (warm-up)	2 sets, 2 minutes each
	Running	2 miles, 8:30 pace
	Push-Ups	5 sets of 20 reps
	Sit-Ups	5 sets of 20 reps
	Pull-Ups	3 sets of 3 reps
	Burpees	4 sets of 6 reps

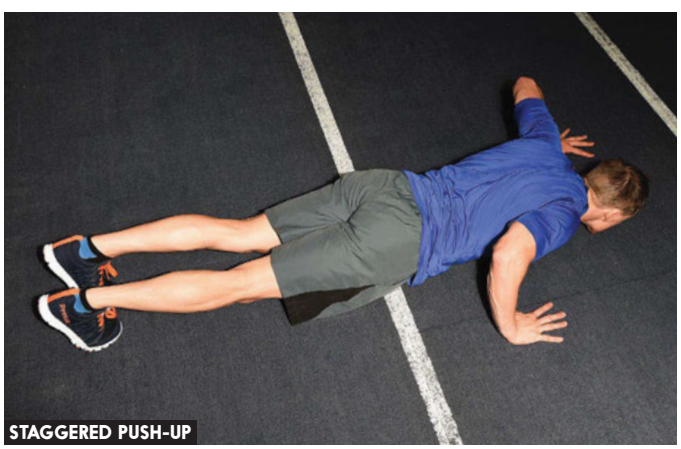
NOTE: Swim for 15 minutes four days this week.

WEEK 3

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Wed./Fri.	Push-Ups	5 sets of 25 reps
	Sit-Ups	5 sets of 25 reps
	Pull-Ups	3 sets of 4 reps
	Burpees	4 sets of 8 reps

NOTE: To avoid overuse injuries (such as shin splints) this week, you won't run or jump rope. You will still swim this week, doing four 20-minute sessions.


STANDARD PUSH-UP

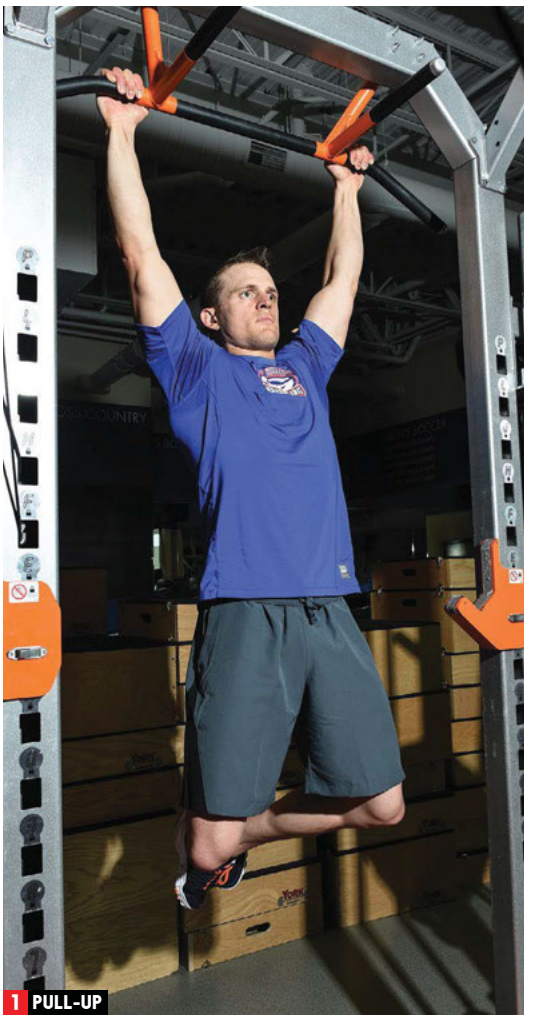

STAGGERED PUSH-UP


MEDICINE-BALL PUSH-UP


ELEVATED PUSH-UP


MEDICINE-BALL CLOSE-GRIP PUSH-UP

Ricky Lundell Workout



1 PULL-UP

Perform each rep without swinging your legs to generate momentum.

WEEK 4

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Wed./Fri.	Jump Rope (warm-up)	2 sets, 2 minutes each
	Running	3 miles, 8:30 pace
	Push-Ups	5 sets of 25 reps
	Sit-Ups	5 sets of 25 reps
	Pull-Ups	3 sets of 4 reps
	Burpees	4 sets of 8 reps

NOTE: Swim for 20 minutes four days this week.



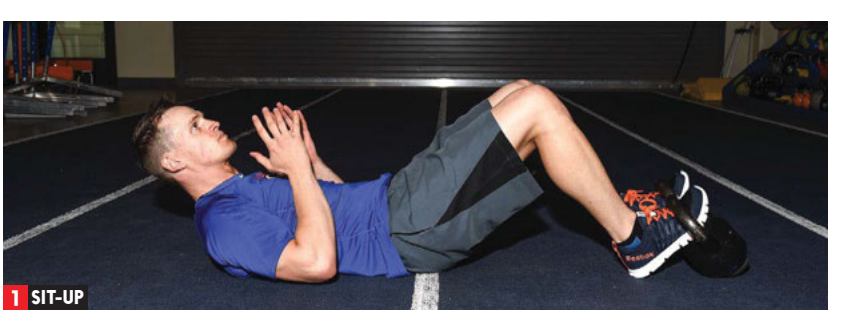
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WEEK 5 AND 6

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Tues./Wed./Fri.	Jump Rope (warm-up)	1 set, 3 minutes
	Running	2/3/4/2 miles*, 8:30 pace
Mon./Wed./Fri.	Push-Ups	6 sets of 25 reps
	Sit-Ups	6 sets of 25 reps
	Pull-Ups	2 sets of 8 reps
	Burpees	5 sets of 8 reps

NOTE: Swim for 20 minutes four days this week.

*You'll run two miles on Monday and Friday, three miles on Tuesday and four miles on Wednesday.



1 SIT-UP



2

Stabliize your feet and keep a flat lower back while performing sit-ups.

WEEK 7 AND 8

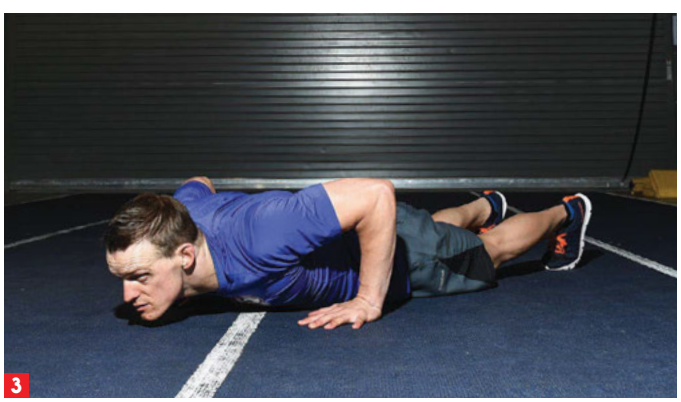
DAYS	ACTIVITY	INSTRUCTIONS
Mon./Tues./Wed./Fri.	Jump Rope (warm-up)	2 sets, 3 minutes each
	Running	4/4/5/3 miles*, 8:30 pace
Mon./Wed./Fri.	Push-Ups	6 sets of 30 reps
	Sit-Ups	6 sets of 30 reps
	Pull-Ups	2 sets of 8 reps
	Burpees	5 sets of 10 reps

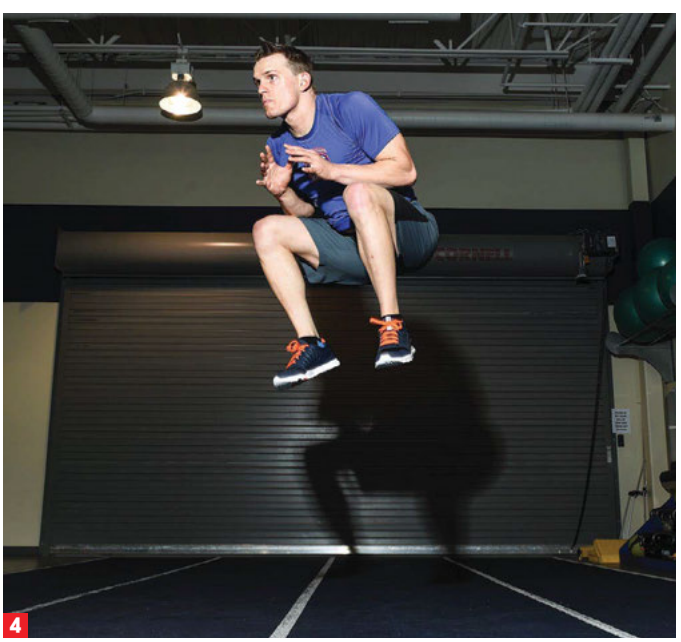
NOTE: Swim for 30 minutes four days this week.

*You'll run four miles on Monday and Tuesday, five miles on Wednesday and three miles on Friday.


1


2


3


4

Get the most out of each rep by making your jump after you transition from prone to squat position as explosive as possible.

WEEK 9

DAYS	ACTIVITY	INSTRUCTIONS
Mon./Tues./Wed./Fri.	Jump Rope (warm-up)	3 sets, 3 minutes each
	Running	4/4/5/3 miles*, 8:30 pace
Mon./Wed./Fri.	Push-Ups	6 sets of 30
	Sit-Ups	6 sets of 30
	Pull-Ups	3 sets of 10
	Burpees	6 sets of 12

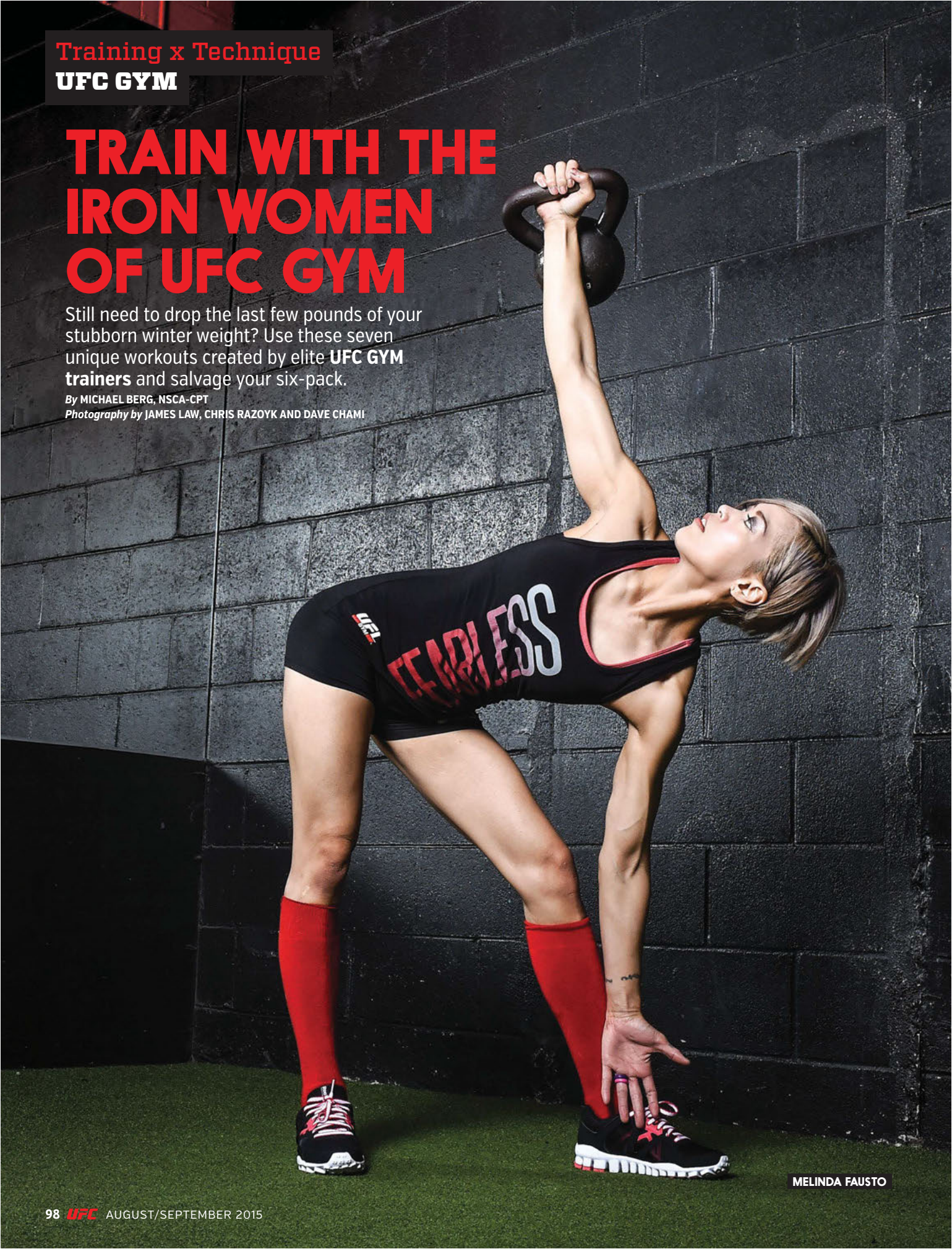
NOTE: Swim for 35 minutes four days this week.

*You'll run four miles on Monday and Tuesday, five miles on Wednesday and three miles on Friday.

TRAIN WITH THE IRON WOMEN OF UFC GYM

Still need to drop the last few pounds of your stubborn winter weight? Use these seven unique workouts created by elite **UFC GYM trainers** and salvage your six-pack.

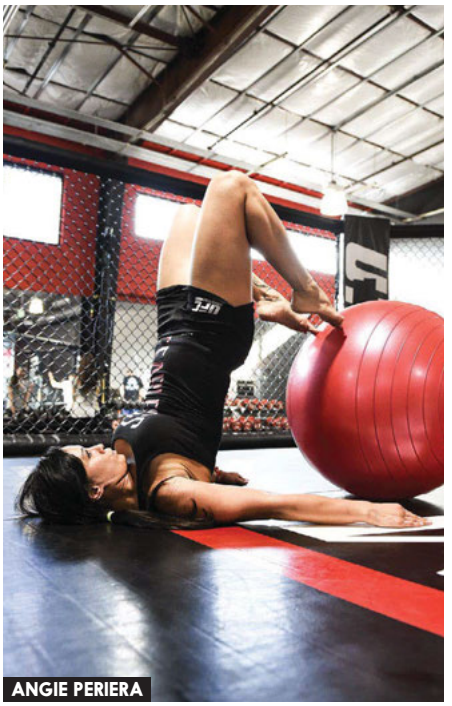
By **MICHAEL BERG, NSCA-CPT**
Photography by **JAMES LAW, CHRIS RAZOYK AND DAVE CHAMI**

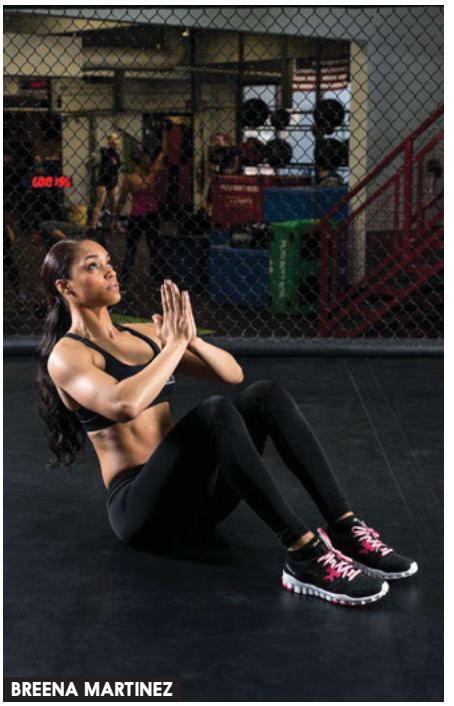


MELINDA FAUSTO



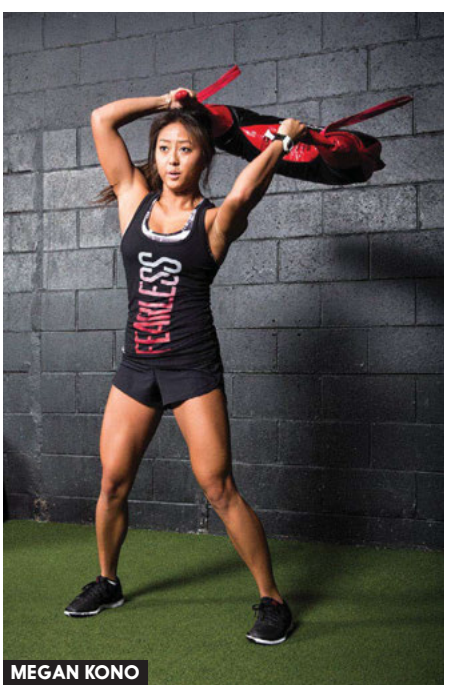
CARRIE RASBECK


ANGIE PERIERA


BREENA MARTINEZ


SHANEL BLACKMAN


SUZANNE SILVER



MEGAN KONO

You can admit it, we won't judge–you're among friends here. So tell us, has this been yet another T-shirt summer for you?

Yeah, we understand your pain. While the genetically gifted dudes among us can't wait to strip off their shirts for the beach, the backyard pool, a game of hoops or just, you know, because, you're keeping your shirt on while you mutter something about "the high UV index."

When you need your ass kicked into shape, you bring in some professional ass-kickers. We recruited this cadre of seven elite female trainers who ply their trade at UFC GYM locations across the country and asked each of them to write a short workout based on their individual training specialties. You just have to put in the time and effort–and check your ego at the door. These ladies don't play.

If you're game for more punishment, head down to your local UFC GYM today (to find one, visit ufcgym.com/locations) and sign up for your own personal-training sessions. Now get to work and you'll be slipping out of that sweat-soaked tee in no time.

THE BJJ WORKOUT

GOAL: Improve your conditioning for a stronger Brazilian jiu-jitsu game. This quick workout will also burn a ton of calories for those seeking general fitness and stamina.
TRAINER: Melinda Fausto, UFC GYM Honolulu
SPECIALTY: This NASM-certified trainer and certified fascial stretch therapist (FST) has been training in jiu-jitsu since 2008 and is currently a brown belt under instructor Leandro Nyza. Fausto is proficient in corrective exercise, kettlebell workouts and punching people in the nose: She competed in a number of amateur bouts as a boxer in her native Philippines.
QUOTE: "One of the key benefits of jiu-jitsu is the mental aspect. The fact that you're working against a resisting opponent means you have to be tougher mentally. You can't get frustrated when things don't go your way. Jiu-jitsu teaches one to use leverage and tactics over strength and power and to be calm and composed under stressful situations."

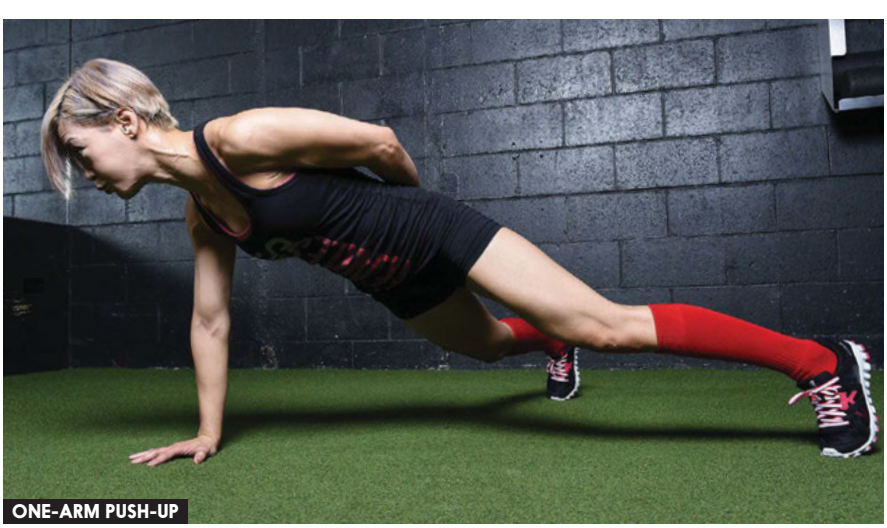
THE WORKOUT

Perform each of the following exercises for five sets of five reps (per arm, if applicable) using a medium to heavy kettlebell for all moves except the one-arm push-up, which is just your bodyweight.

EXERCISE
Kettlebell Swing
Turkish Get-Up (With Kettlebell)
One-Arm Kettlebell Snatch
One-Arm Push-Up
Kettlebell Windmill

PRO TIP: "A common mistake on the Turkish get-up is to look down instead of up at either the kettlebell or the ceiling. Our eyes are wired directly to the muscles in our neck and spine, so 'tracking'–or looking at the kettlebell–allows us to stabilize our spine better, which lends to better shoulder and hip stabilization."


ONE-ARM KETTLEBELL SNATCH


ONE-ARM PUSH-UP



SHADOWBOXING

THE FIGHTING-SHAPE WORKOUT

GOAL: Rev up your body's natural fat-burning engines while improving strength, stamina and striking power.
TRAINER: Shanel Blackman, UFC GYM Long Island, New York
SPECIALTY: A 20-year-old training phenom, Blackman is a Muay Thai and boxing coach, having started in the former discipline at 11 years old and the latter at 15. Although her fighting career has been waylaid by injuries, it hasn't derailed her passion to teach.
QUOTE: "Muay Thai, known as the 'art of eight limbs,' is exceptional for self-defense as well as weight loss and all-around body conditioning. Boxing, too, can help you defend yourself with confidence. Borrowing certain training elements from each discipline can make for some exciting strength and cardiovascular workouts."


RESISTANCE-BAND STRAIGHT PUNCHES

THE WORKOUT

EXERCISE	INSTRUCTION
Shadowboxing	15 to 30 minutes
Heavy-Bag Work	3-minute rounds/1 minute of rest (6 to 12 rounds total)
Slip-Ball Training	5 to 10 minutes (no rest in between)
Resistance-Band Straight Punches	3 sets of 50 to 75 punches per arm

PRO TIP: "If done properly, shadowboxing alone would feel like a complete workout. Here it's suggested as a warm-up, but you can also do it between exercises and as a cool-down. As you gain experience, you can add hand weights to help with hand speed. Be sure to focus on a full extension with every punch, hip rotation on your punches and kicks, doing footwork moving in all directions and keeping your hands up."

PRO TIP: "The slip ball is great for boxers and Muay Thai fighters looking to improve head movement, thus adding another weapon to their arsenal. Be sure to focus on using your body to move your head off of its centerline. Don't lean, and focus on your footwork and awareness. Once you understand how to use the slip ball, you can add shadowboxing in between and during slips."

THE WASHBOARD ABS WORKOUT

GOAL: Drop fat and carve out the detail in your abdominals.
TRAINER: Breena Martinez, UFC GYM Concord, California
SPECIALTY: Martinez, who specializes in weight loss and has multiple TRX certifications, puts her own advice on the line as an active participant in physique competitions. In winning her class at the 2014 NPC USA Bikini Championships, Martinez earned her IFBB pro card. The fitness model and former Division 1 basketball player for San Jose State University is now taking aim at the Bikini Olympia, the most prestigious title in the sport.
QUOTE: "This workout requires no equipment, so it can be done anywhere at any time. It's designed to target all areas of the abdominals–upper, middle, lower and obliques. When doing abdominal exercises for a one-minute set, as I recommend here, you can typically get 25 to 30 reps and really feel the burn."


LEG-UP WITH HIP-UP


CURL-UP

THE WORKOUT

Complete each exercise in this circuit for one timed minute, doing three rounds total. Rest minimally between exercises and two to three minutes between rounds.

EXERCISE
3-Way LaLanne
Leg-Up With Hip-Up
Mountaintop Russian Twist
Pause Sit-Up*
Curl-Up†
** This is a traditional sit-up, except with a slow three-second count on the downward phase followed by an explosive up motion.*
† This is a slow curl-up: Lie on the floor with your shoulders and lower back in contact with the floor. Curl up slowly to lift your shoulders off the floor, then lower them back down.

PRO TIP: "To do the 3-Way LaLanne, lie on your back and keep your feet hovering above the mat. Push your low back into the mat while lifting your shoulders up and bring your left hand and right leg up together. Lower your shoulders back to the mat while keeping your feet hovering, then repeat, this time bringing your right hand and left leg up together and then down. Finally, repeat the movement by bringing both hands and feet up together."

PRO TIP: "For the leg-up with hip-up, lie on your back with your feet hovering above the mat. Lift your legs up to a 90-degree angle, pause, then pop your hips slightly off the floor while keeping your legs straight. After your hips return to the mat, slowly lower your legs back toward the mat to a hovering position. Repeat for one minute."

THE TRX MMA WORKOUT

GOAL: Build the kind of bulletproof core that every UFC fighter needs to survive and thrive in the Octagon.
TRAINER: Suzanne Silver, UFC GYM San Diego
SPECIALTY: "If you're persistent, you'll get it. If you're consistent, you'll keep it." That's Silver's mantra, which she brings to the training table along with multiple fitness certifications–including NASM, ISSA, CrossFit, TRX, Kettlebell Concepts and Gravity as well as a more than a decade of experience in Muay Thai–to help clients reach their ultimate goals.
QUOTE: "To develop more power in your hips and core, you'll need to incorporate both ballistic and slower-rep strength-building modalities in your workouts. The stronger the hip hinge and squat pattern you possess, the more devastating your strikes will be."


HIP THRUST


ROUNDHOUSE KICK ON PADS


TRX PENDULUM SWING WITH KNEE TUCK

THE WORKOUT

EXERCISE	INSTRUCTION
Hip Thrust	2 to 3 sets of 20 reps
TRX Burpee With Jumping Knee	2 to 3 sets of 20 reps
TRX Pendulum Swing With Knee Tuck	2 to 3 sets of 20 reps (10 tucks per side)
Roundhouse Kick on Pads	2 to 3 sets of 20 reps per leg

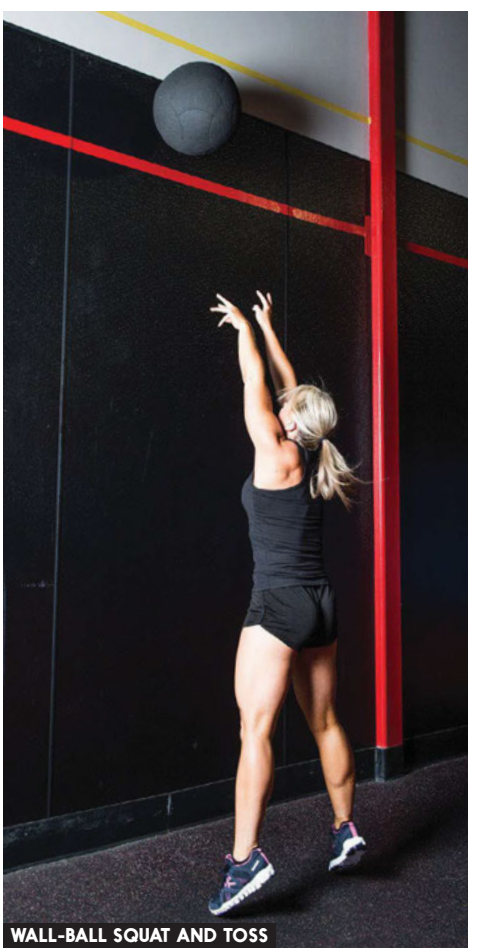
NOTE: Silver also recommends kettlebell swings for additional ballistic activity and Turkish get-ups for the development of upper-body, trunk and hip strength.

PRO TIP: "Hip thrusts lead to greater glute activation and hip extension torque, especially at the end range. Sit on the floor with a bench directly behind you and a loaded barbell over your legs. [Using a fat bar or having a pad on the bar can greatly reduce the discomfort caused by this exercise.] Roll the bar so that it is directly above your hips, and lean back against the bench so that your shoulder blades are near the top of it. Initiate the movement by driving through your feet, focusing on transferring your weight to your heels. Extend your hips vertically through the bar as far as possible, then reverse the motion to return to the starting position."

PRO TIP: "Kickboxing can transform your workout and lead to further toning of your body and an increase in endurance. The leg muscles will quickly get toned because the entire leg will be used through the aspects of maintaining a strong balance and stance while performing multiple sets of kicks. The core of your body, which includes the abs and lower-back muscles, will get an unintentional workout just by performing the punching and kicking training."

THE OLYMPIC-STYLE WORKOUT

GOAL: Use hard-nosed exercises like the hang clean, Russian kettlebell swing and TRX burpees to stimulate muscles you forgot you had.
TRAINER: Carrie Rasbeck, UFC GYM Corona, California
SPECIALTY: An NASM-certified personal trainer and TRX instructor, Rasbeck has a passion for helping people reach new levels of fitness and overall confidence. Her personal fitness journey began as a stay-at-home mother of two boys. Now 39 years old, she enjoys competing in strength, endurance and speed competitions.
QUOTE: "This workout is designed to build speed and strength in the hang clean along with a short AMRAP (as many reps/rounds as possible) circuit to get the heart rate up and build muscle endurance."


WALL-BALL SQUAT AND TOSS


HANG CLEAN

THE WORKOUT

EXERCISE	INSTRUCTION
Hang Clean*	5 sets of 3 reps
8-Minute Circuit†:	
Russian Kettlebell Swing	15 reps
Wall-Ball Squat and Toss	15 reps
Finisher:	
TRX Burpees	2 minutes

** Pyramid up through 70 to 85 percent of your one-rep max. Rest for two to five minutes between sets.*
† Do as many rounds as you can in eight minutes, with minimal rest as you switch between the two exercises.

PRO TIP: "Cleans bridge the gap between strength and speed better than any other exercise. The hang clean requires movement from the wrist, elbow, shoulder, ankle, knee and hip joints, making it a total-body exercise."

PRO TIP: "The TRX burpee combines an explosive get-up with a TRX lunge. Suspend one foot inside the TRX foot cradle, hop out into a suspended lunge position, drop your chest to the floor and then push your upper body up while bringing your free leg forward into the suspended lunge position, exploding off that leg straight upward."

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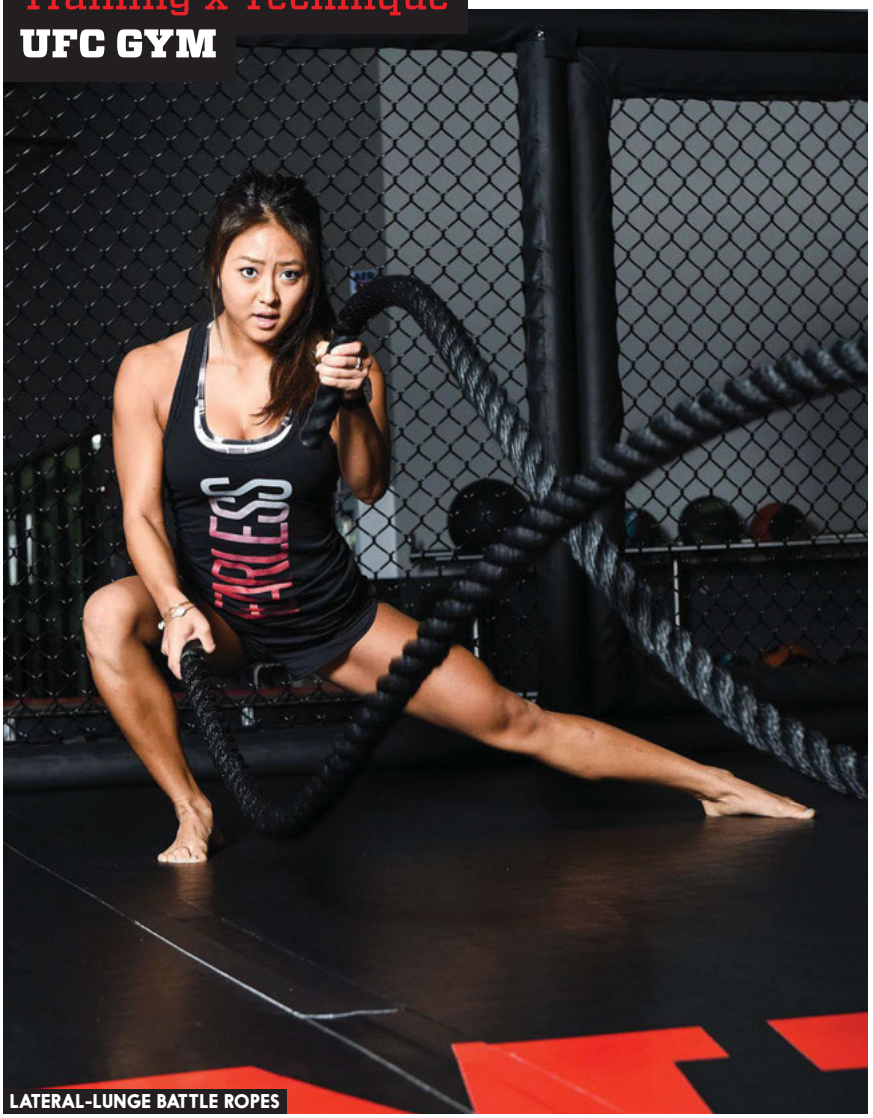
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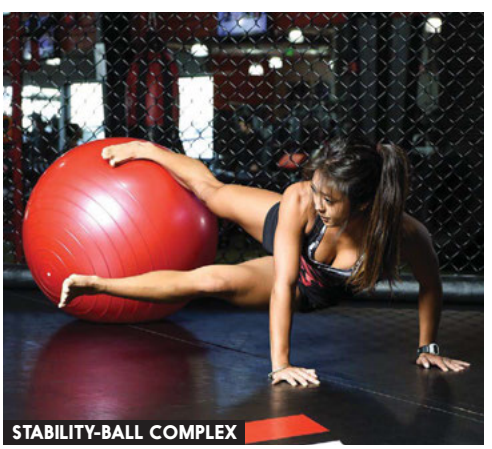
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LATERAL-LUNGE BATTLE ROPES

THE SPEED AND ENDURANCE WORKOUT

GOAL: Increase your explosive speed, endurance and core strength.
TRAINER: Megan Kono, UFC GYM Honolulu
SPECIALTY: Kono is a full-time student majoring in economics and English at the University of Hawaii. When she's not in the classroom or surfing, she's putting clients through their paces at the UFC GYM in the Hawaiian capital. Kono, who holds an NASM personal-trainer certification and specializes in functional training, has also taken the stage as an amateur bikini bodybuilding competitor.
QUOTE: "In designing this workout, I used peripheral heart training principles, which means you avoid blood pooling in the lower and upper extremities. The result of this combination of movements is superior strength and conditioning—it will incinerate your body fat levels if paired with a smart nutrition plan."


STABILITY-BALL COMPLEX


BULGARIAN-BAG SUPPLE SPINS

THE WORKOUT

EXERCISE	INSTRUCTIONS
Incline HIIT Sprints	10 sets, 30-second sprint/30 seconds rest on side of treadmill
Bulgarian-Bag Supple Spins	5 sets, 10 spins to the left, 10 spins to the right
Sled Push	5 to 6 sets, 60 to 70 feet per set
Lateral-Lunge Battle Ropes	5 to 10 sets, 30 to 60 seconds each
Stability-Ball Complex	3 to 5 sets, 8 to 10 reps

- Do one feet-on-ball, hands-on-floor push-up
- Lift your hips into pike position
- Do one push-press, bringing your forehead down to the floor
- Do one single-leg kick-through: From the push-up position, bring your right knee to your chest, rotate that leg and kick it through the left side, then bring it back to center. (Alternate the leg you kick through on each set.)

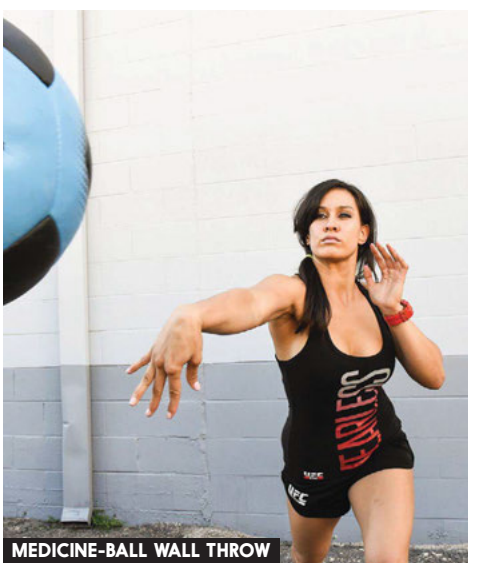
PRO TIP: "Bulgarian supples activate the shoulder, core and back. To do it, set your feet shoulder-width apart and hold the bag's main handles. To do a supple spin to the left, drive your left arm up while your right arm makes a 'hair-brushing' movement from your left ear to the right. Pull your right elbow close to your body and punch the air with your left arm. Use the momentum generated to go into the next supple spin, swinging the Bulgarian bag behind your head (not overhead) to the right. Throughout, keep your core tight to stabilize your spine and plant your heels to the floor."

PRO TIP: "When doing battle ropes, you have the ability to change the resistance without changing the modality. The more intensity you put into it, the more resistance the battle ropes will provide."


17
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11
STRAIGHT FINISHES
3
MOVIE ROLES
1
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RESISTANCE TRAINING FOR STRIKERS

GOAL: Improve your striking power, stability and strength.
TRAINER: Angie Pereira, BJ Penn UFC GYM Waikele, Hawaii
SPECIALTY: Pereira is well versed in the fighting arts, having boxed for 15 years, studied Muay Thai for 11 years and worked her way up the ranks to a BJJ brown belt over the past 10 years.
QUOTE: "Incorporating plyometric exercises into resistance training causes muscle confusion–the muscle doesn't know what's coming at it and can't easily adapt–leading to faster development."



MEDICINE-BALL WALL THROW



LEFT SIDE PLANK

THE WORKOUT

EXERCISE	INSTRUCTIONS
Warm-up:	
Foam Roller and Dynamic Stretching	5 to 10 minutes
Jump Rope	3 3-minute rounds
Shadowboxing	3 3-minute rounds
Stabilization:	
Exercise-Ball Plank	3 sets of 45 seconds with 15-second rest intervals
Right Side Plank	3 sets of 45 seconds with 15-second rest intervals
Left Side Plank	3 sets of 45 seconds with 15-second rest intervals
Supine Hamstrings Curl	3 sets of 45 seconds with 15-second rest intervals
Prone Cobra	4 sets of 45 seconds with 15-second rest intervals
Strength:	
400-Meter Sprint	4 sprints
superset with Kettlebell Swing	4 sets of 60 reps
Single-Leg Leg Press	3 sets, 12 reps per leg
superset with Plyometric Skaters	10 reps per side (20 total per set)
TRX-Ys and Ws	4 sets, 12 reps
Power:	
Medicine-Ball Wall Throw	3 sets, 30 reps (15 turning right and 15 turning left)
Resistance-Band Punch/Frog Squat	3 sets, 40 total reps (alternating between two moves)
Jab and Straight Cross Dumbbell Punch	3 sets, 45 seconds each with 15 seconds rest intervals

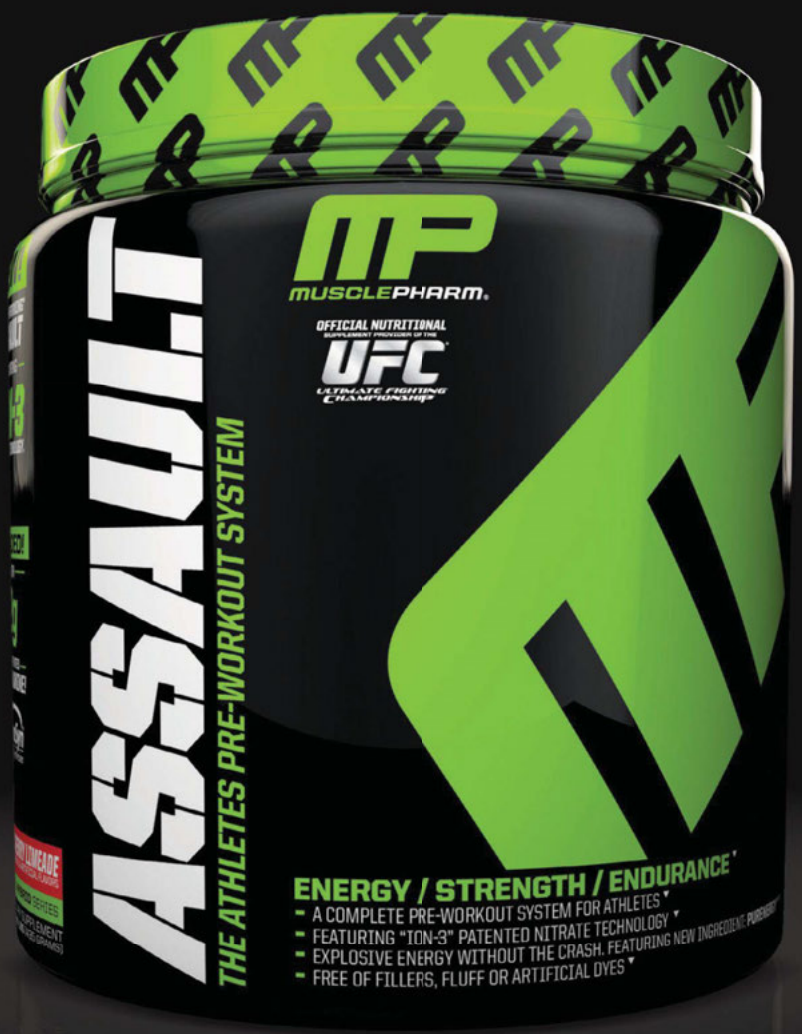
PRO TIP: "Medicine-ball wall throws, incorporating a twist to the right or left, assists in developing rotational power."

BONUS EXERCISES
The tablet edition of ***UFC: The Official Magazine*** includes photos of exercises the UFC GYM trainers performed for their workouts.

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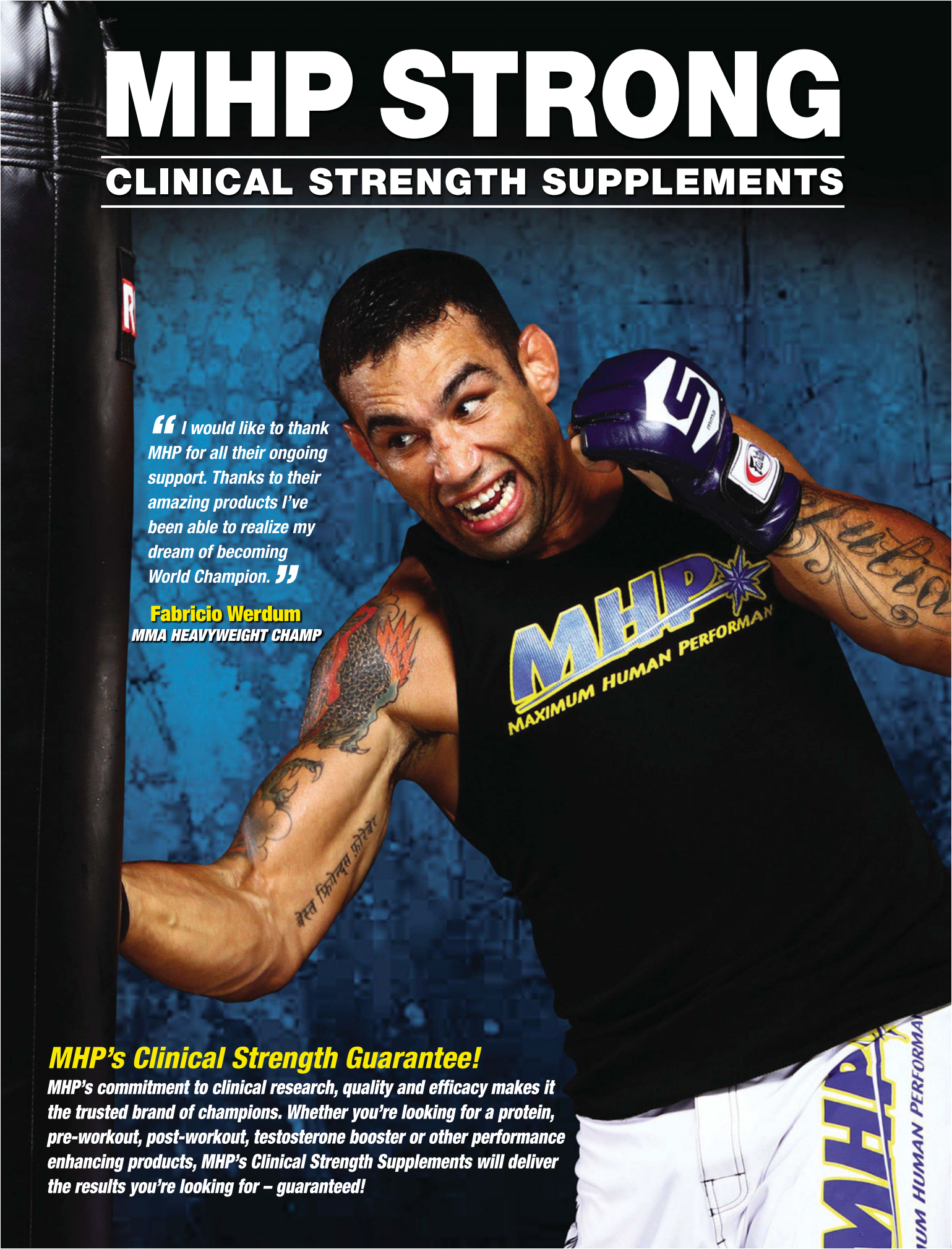
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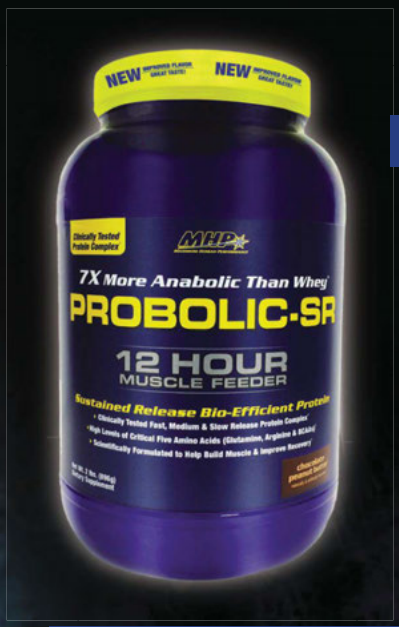
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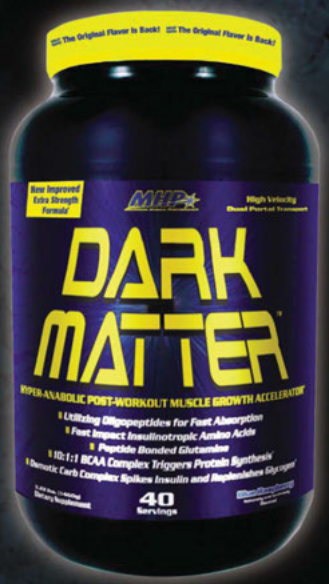
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